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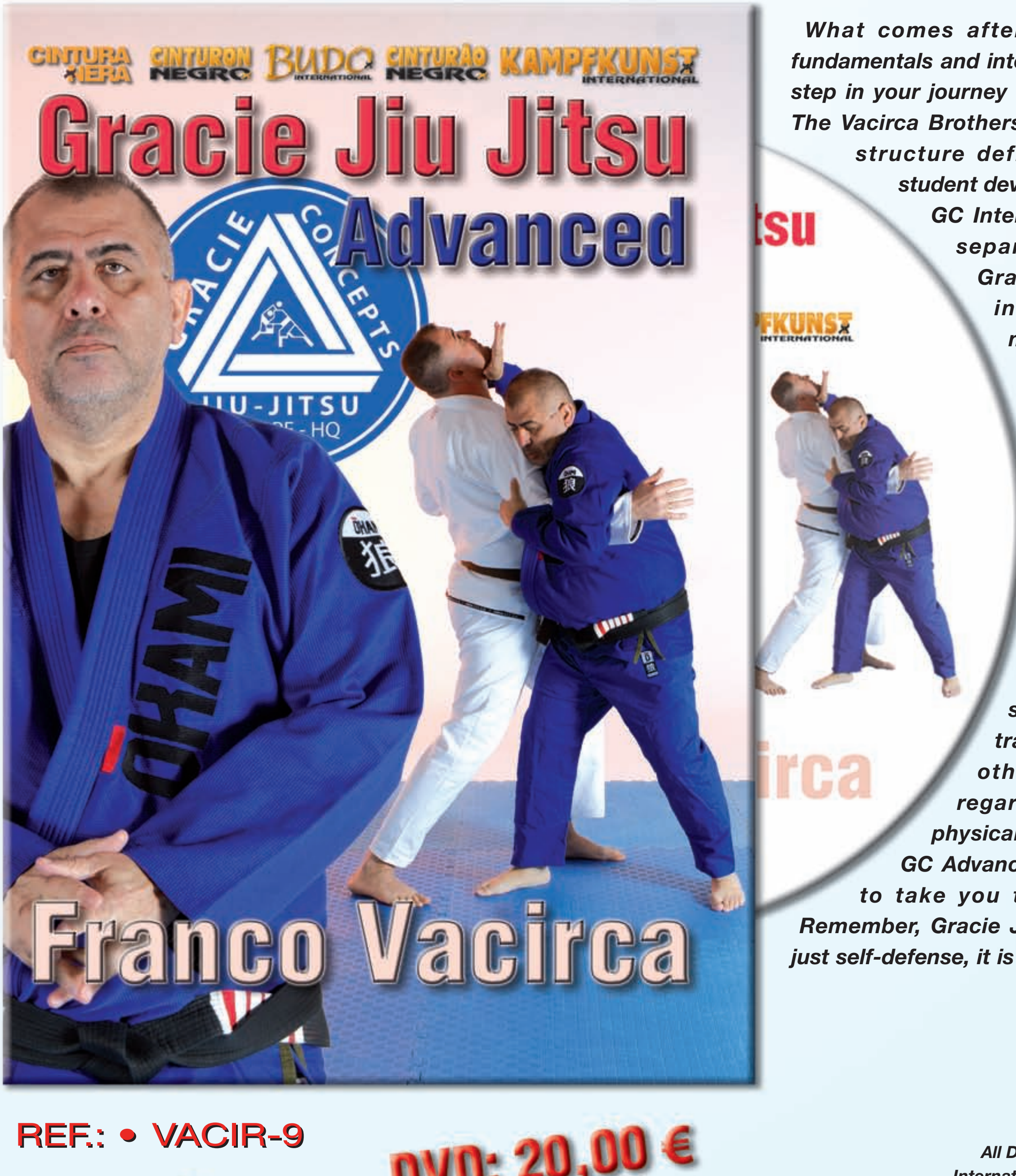
# Gracie Jiu Jitsu Advanced

# Franco Vacirca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# Escrima The BOX

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Guro Markus Göttel

*A real combat is total CHAOS. Under the effects of adrenaline many techniques that we have practiced for years simply do not work or do not work. the aggressor can attack us with anything or unpredictably, with all his fury. We must train things that are easy to practice and learn, and above all effective. and this is where training concepts and combat principles come into play. Guro Markus Gottel presents a basic and fundamental concept of Grandmaster Rene Latosa's Escrima: "The Box", a tool that gives us a noticeable security when Sparring in a controlled manner, improves our balance and increases our ability to act safely, quickly and more effectively. The idea of "The Box" can be transmitted to all bladed weapons, including empty hand practice. The teachings of Grand Master Rene Latosa are based on the use of principles for combat and concepts for training. In this way technique is important but is relegated to the background. The first is the natural teaching of how to use the body, taking advantage of the concepts as a tool for all exercises and movements. There is no magic or secret techniques, just an understanding of the physical workings. Once we grasp those ideas we can explore, evolve and improve in Escrima or other Martial Arts constantly.*

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# Editorial

## It is better not to insist...

> *"There are an awful lot of lies about the world, and the worst thing is that half of them are true."*
> **Winston Churchill**

> *"A man who is not original enough to think of a new title for his book will be much less capable of giving it new contents to it."*
> **Arthur Schopenhauer**

A new book with just stature, must have in its interior, like life itself, sufficient contradictions, capable of expressing that great force which are destinies. These are characterized by being paradoxical and bigamous. For this reason, two opposite and complementary titles fought for presiding over these pages; the one, "perseverance brings fortune", promising, and the one of this text, "It is better not to insist..." of more distant cut, of the one who, without giving the badge, moves away from the worldly noise. And I explain it:

Why insist on mending what is crooked? Life is short. No. I am not saying that one should look the other way; besides, at worst one always has the right to complain, but to go about quixotizing the world is something that, after sixty, becomes very difficult.

Not being part of the evil is enough, and maybe, in your small circle, you can even do some good, especially for the simple pleasure of doing it.

Those of my generation, we have lived in a lustrous and probably unrepeatable freedom. We have faced life with enthusiasm, pushed into a world with missiles aimed at two sides, and knocked down the wall in between. But the order under which we lived has fallen; good and bad are confused in the mud of their demagogies, and the level of understanding has collapsed, in a society subjugated by its faults (terminal sin, how bad we men are, etc...) and complacent with what it is ordered to think.

I sincerely wonder if some of our values make sense in this context. My philosophy professor, the fantastic Don Antonio Chaparro, used to say, "Study and understand in order to be more people every day". Educated in dialogue, tolerance and reflection, my classmates have all turned out to be great people. We continue to see each other over the years, and meeting them is a rare experience, that of being in front of individuals, in front of a world full of bleating sheep and complacent, the speech of their leaders.

My grandfather told me one day: "You think a lot, and you think well. To think well is to see things from different angles". Grandpa Enrique initiated me in the exercises of the Pythagoreans. "Can you imagine a dodecahedron, do you see it? Now... rotate it slowly in your mind"... Those things from my unforgettable grandfather, teacher by profession... teacher all the time. However, more and more nowadays, the acceleration, the lack of gumption and temper, make people repeat proclamations without thinking that every truth, no matter how clear and pristine it may appear to us, is only a point of view, that is, a vision, from a point of view.

Putting oneself in the shoes of others... Well, that's out of the question! This kind of sociopathic background that consumes us, has defenestrated any possibility of tolerant, intelligent and calm dialogue, leading us to fanatical paroxysm, to constant incongruence and to a shameless incoherence in public and personal life.

Politicians (Razzadannata!) lie without blushing, pointing to Groucho's phrase, (but in them without any grace): "These are my principles, if you don't like them... I have others".

Where I said I say, I say Diego" is the order of the day among these "parties", and without batting an eyelid, they are capable of selling their mother for a plate of lentils. But well, what is there to complain about; Churchill already said: "The best argument against democracy is a five-minute conversation with the average voter".

My friend Lorenzo, (I have quoted it several times, because I think it is great) summarized Zen in one sentence: "This is what it is... yourself... there are no more eggs...". Let's be pertinent, the tsunami that visits us in this new millennium, we will not be able to stop it with simple umbrellas, not even with ingenious occurrences, however insightful they may seem to me. They serve me, however, to relativize the context, to take some distance and to set the dodecahedron in motion.

**Alfredo Tucci**
e-mail: budo@budointernational.com

# Editorial

## It is better not to insist...

The Hagumo, known to the Japanese as the Shizen, the indigenous inhabitants of the islands before the arrival of the Yamato, in their wisdom, always asked themselves three key questions when faced with any issue: Who benefits from it? In exchange for what? And what do I have to do with it? (In other words, how do I position myself?) How much better it would be to listen to the news with these three questions in mind!

To end this lamentable panegyric of intelligence or its absence, let's remember that phrase that says "The clever man learns more from the fool than the fool from the clever man". My grandfather, (he must be very close, once again today I quote him!), used to say that happiness consists in knowing how to be content. SunTsu, who was no less wise than my grandfather, put it another way: "In war one must know which battles to start and which cities to take." You see, there is no point in fighting lost battles and, of course, the one that concerns the average individual in a West in free fall is in free fall. Lost among the vanity of social networks, of the quantitative versus the qualitative, in subsidized societies, in exchange for castrated freedoms, the slow but ineffable decline of the Roman Empire of the West, is yielding the baton to a new paradigm, confused and blurred. Men, yesterday, today and always, show the best and the worst of themselves in every crisis; the worst, immediately, and the best always after the event.

But that's the way it is! Honey was not made for a pig's mouth, says the popular wisdom; intelligence is a good, (it always was), reserved to very few, and of those who have it, even fewer are those who make good use of it.

I erase myself from the generalized discourse, from the hindrance and followership practiced by the staff, because they were never my equals, even if they were my brothers. I can't play their game, because it doesn't concern me; if it seems haughty, it bores me, if it seems arrogant, it is far below my interests. Going on my own is what it is, for I ask myself questions that they do not think about, I pay attention to matters that do not concern them, and to which they do pay attention, they are, as Sinuhé would say: "Like the buzzing of flies in my ears or like the dust of the road at my feet."

I am no better, God forbid, nothing human is alien to me, be it virtue or defect, but in addition to no longer being contemporary (as Pérez Reverte says, we old people are not), I do not agree with their ideologies and beliefs. So, anachronistic and in a certain way, anathemized, I only have the chosen banishment of the worldly, from where, from time to time, I can drop some pearl in the form of a written reflection, to be picked up by those who value it (there he is!), or to teach those who, rara avis like myself, want to listen to the old and eternal songs of the spirit. Of the old... the council! With the others, the more mundane wars, better not to insist.

"Why insist on mending what is crooked?
Life is short. No.
I am not saying that one should
look the other way; besides, at worst,
one always has the right to complain,
but to go about quixotizing the world
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**Alfredo Tucci**

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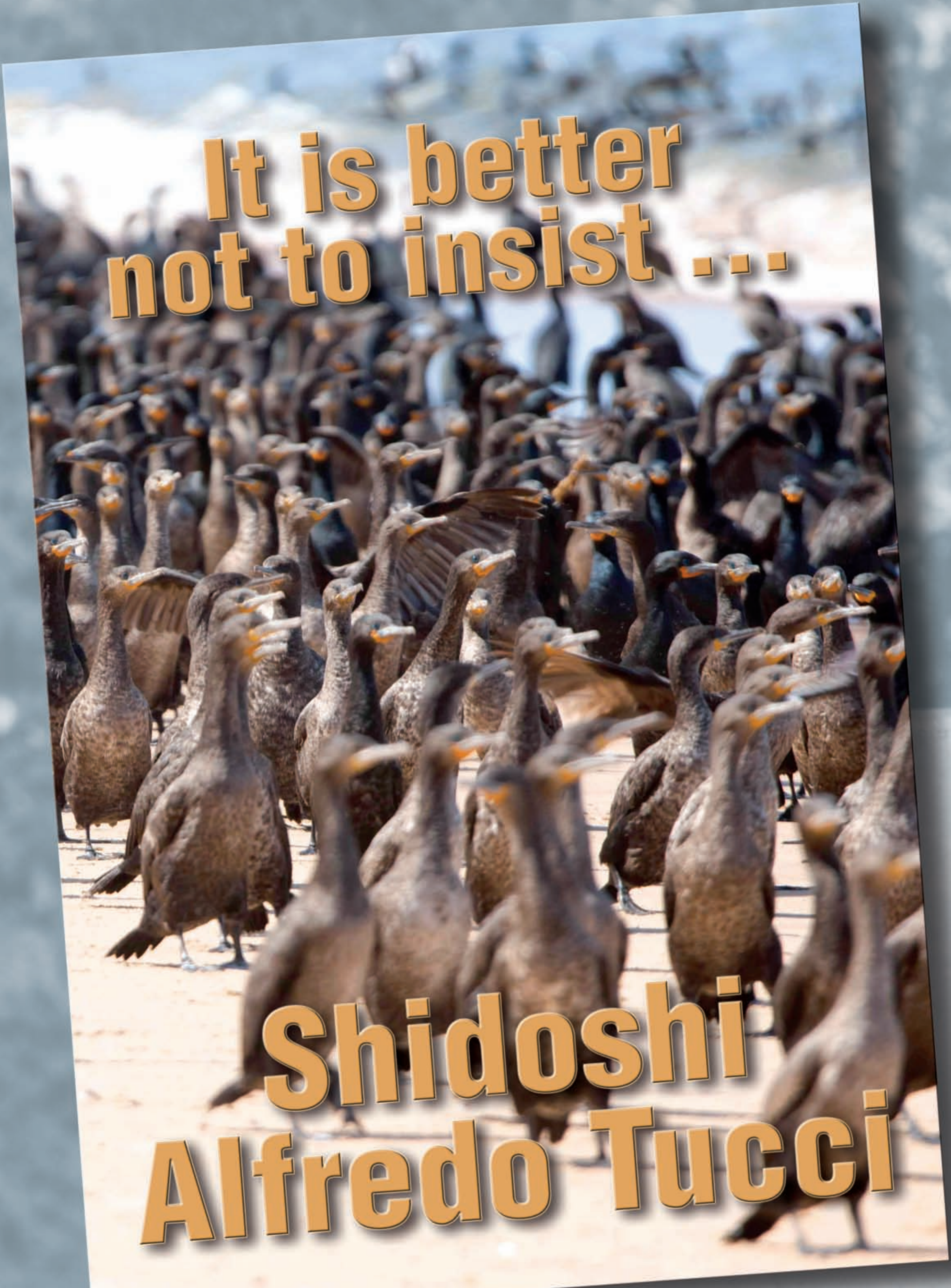
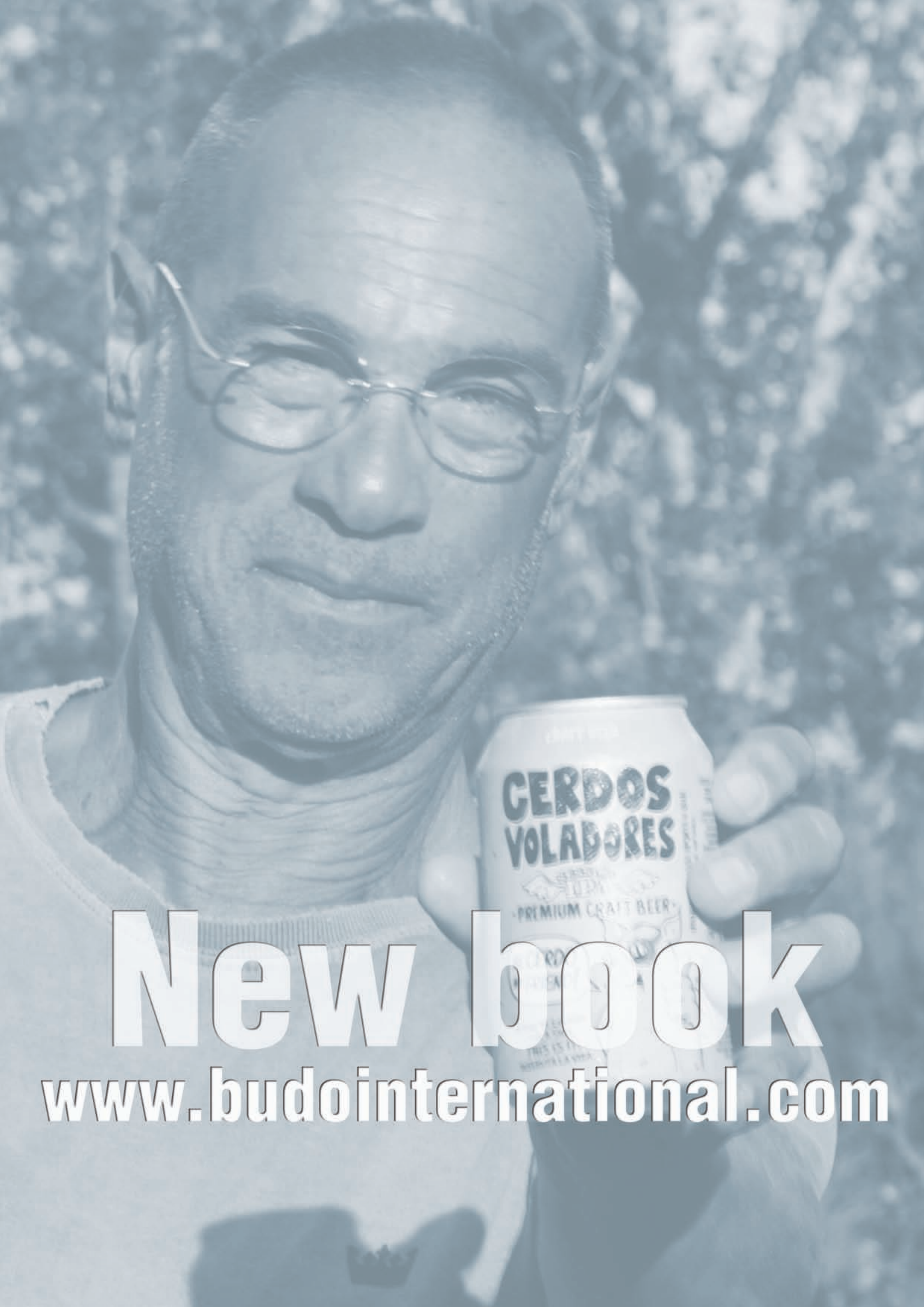
# It is better not to insist ...

## Shidoshi Alfredo Tucci

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## Martial Arts- General Knowledge Quiz

***If you wish to check your knowledge in martial arts, you can do so by answering the questions in this general knowledge quiz. Each question has one correct answer. Have fun and see how much you know about various topics in martial arts!***

***If you carefully read the articles published in our magazine, most of these questions should be familiar to you.***

**1. The famous book "The Art of War” was written, as today's historians believe, by summing up thoughts of several Chinese philosophers in different period of Chinese history. But, who is believed to be its creator?**

a. Laozi (Lao Tzu) b. Confucius c. Sun Tzu

**2. "The Book of Five Rings” is one of the most read books on the topic of martial arts. Which famous Japanese fences wrote it?**

a. Oda Nobunaga b. Tokugawa Ieyasu c. Miyamoto Musashi

**3. The way of the Samurai and its unwritten code of basic moral principles of that warrior class. It is famous under which name?**

a. Otoko –date b. Hara-kiri c. Bushido

**4. The name of the famous Japanese martial art – karate is, in translation, known as?**

a. Powerful fist b. Strong fist c. Empty fist

**5. The famous Chinese temple of Shaolin, which is believed to be the cradle of martial arts, is located in which Chinese province?**

a. Pinan b. Henan c. Jiangxi

**6. In 748 BC a martial arts sport was introduced at the Ancient Greek Olympic Games. It is a combination of fist fighting, wrestling and kicking with legs. Translated from Greek, Pankration means?**

a. Kick as you wish b. All the power c. Pan's way

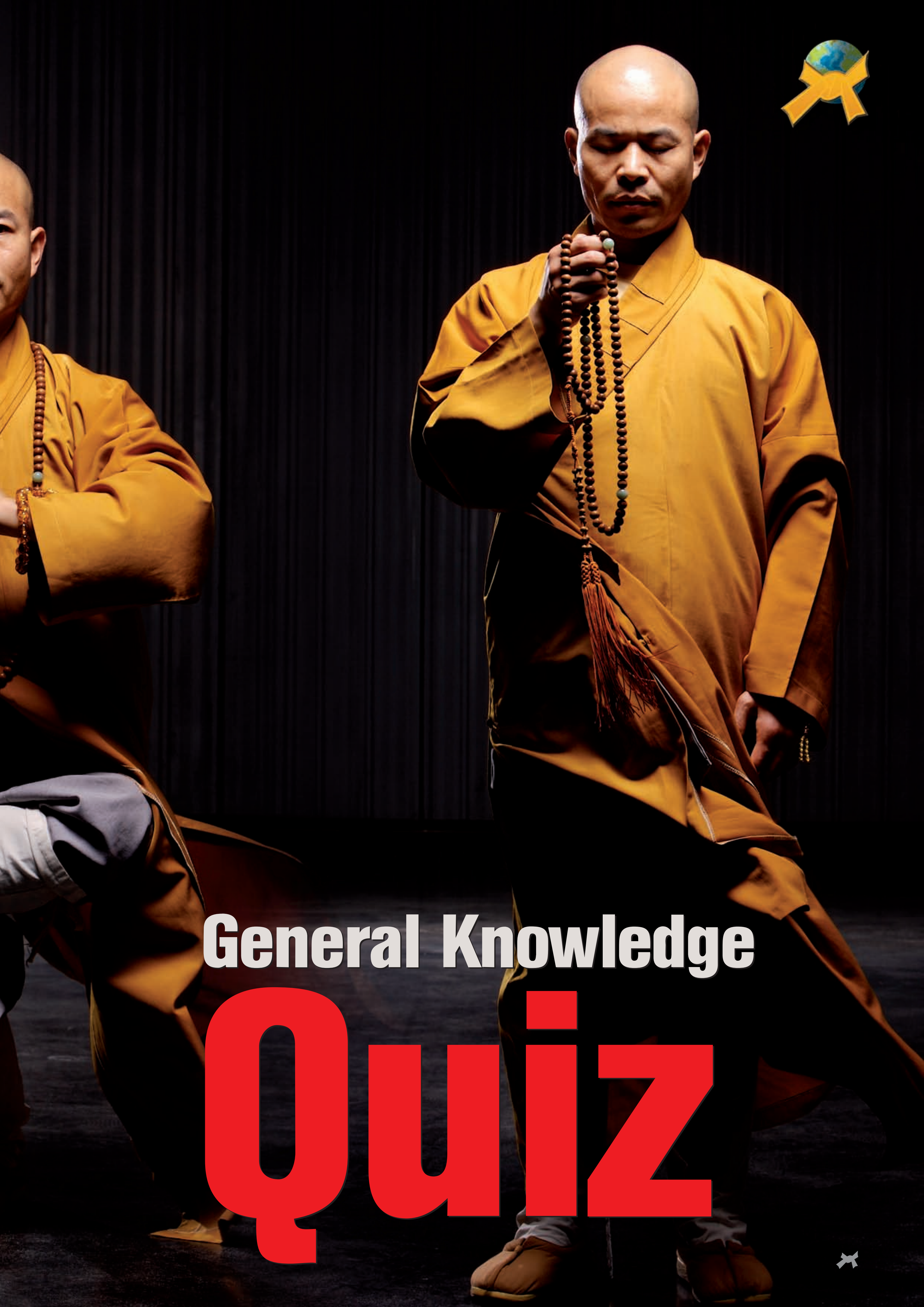
**7. The famous Mongolian traditional wrestling is performed at a competition called Nadam (a competition in horseback riding, wrestling and archery). What is it called?**

a. Bokh b. Shas Khan c. Shuai Jiao

**8. Abraham Lincoln (1809-1865), the 16th American president, was known as a skilled fighter. Which martial art discipline did he fight in?**

# Martial Arts

## David “Sensei” Stainko



# General Knowledge Quiz

a. Boxing b. Fencing c. Wrestling

**9.A famous boxing style- French boxing was formed in France (Marseilles) in the beginning of the 19th century in which fighters use leg kicks is called?**

a. Chanson b.Savate c. Baton

**10.From 1899 to 1903 a famous Bartitsu Club led by William Barton-Wright (1860 -1951) existed in England. It was the first official club where various Easter and Western martial arts were being trained. Which city was the club located in?**

a. Manchester b. London c. Liverpool

**11. According to the Japanese Nihon Shoki chronicles written in 720 AD, a fight between bare-handed fighters was held on the court of Emperor Suinin in 230 BC. Based on the techniques used during this fight, a skill that preceded ju-jutsu was formed. What was the name of that skill?**

a. Yawara b. Makiwara c.Hojojutsu

**12. What is the name of the traditional Japanese archery?**

a. Kyudo b. Sodo c. Kempo

**13. One athlete, whose name was remembered in the history of judo, made a special appearance at the 1964 Olympic Games. What is his name?**

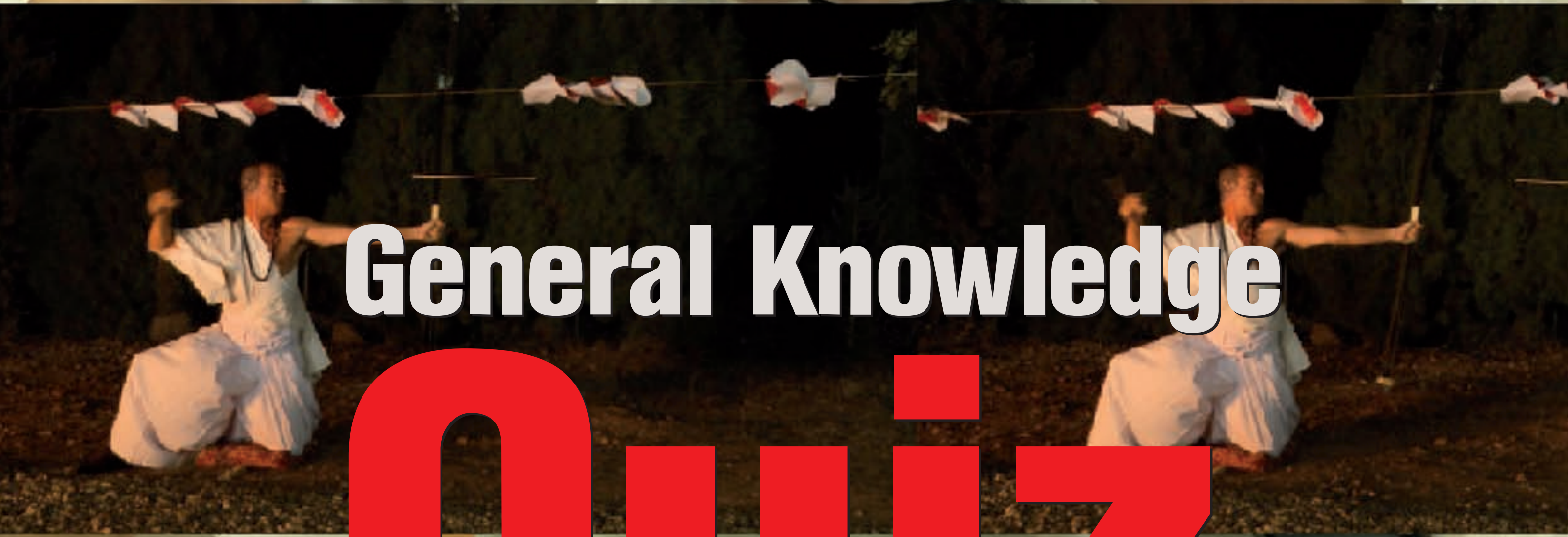
a. Anton Geesink b. Yasuhiro Yamashita c. Hitoshi Saito

**14. A well-known tomb with terracotta warriors (the grave of the first emperor Qin Shi Huang Di) located in Xian has been opened for visitors since 1987. Visitors can explore just one part of the tomb, not the whole location. In which year was the tomb discovered?**

a. 1874 b. 1974 c. 1984

# Martial Arts

## David “Sensei” Stainko



# General Knowledge Quiz

**15. The Kalaripayattu martial art was created in the former Cheras Kingdom, in today's Kerala at the South of India. It is assumed that the skill is over 2000 years old. This martial art is acknowledged as the precursor of today's Asian skills. According to a legend, what does its name literally mean?**

a. The way of the battlefield
b. The skill of the warrior
c. The fencing skill

**16. According to a legend, there was a test for all trainees of the Shaolin Temple which was called "The Test of the Four Rooms”. The last test was the so-called deathly labyrinth, a labyrinth with 108 traps with mechanized wooden dolls. If the trainee succeeded in passing the labyrinth, he was confronted with the final obstacle before exiting the monastery. To get out, he needed to remove a red hot urn with symbols from the exit. Which symbols did the urn contain?**

a. A tiger and a snake
b. A tigre and a mantis
c. A dragon and a tiger

**17. The famous bayonet was invented in Bayonne in the 16th century. The knife was already being used in the early 17th century and placed on a rifle barrel so that the shooter could, after shooting from the rifle, use the knife as a sparrow. The city of Bayonne is placed on the South of which country?**

a. Italy
b. Spain
c. France

**18. The native tribes of Brazilian rainforest are famous for their skills of shooting arrows out from a blow tube. The Jivaro tribe is among the most skilled tribes that use the blow tube as a weapon and they blow out poisonous arrows. Because of the poison, what are the arrows called?**

a. Dardo
b. Curare
c. Vale tudo

**19. One of the most famous battle axes in the world has a blade on both sides and is produced by the North American Indians. It is called the tomahawk. Which Native American tribe was the name taken from?**

a. Apache
b. Cheyenne
c. Algonquin

# General Knowledge Quiz

**20. Silat, Sikaran and Bersilat are just some of the numerous martial arts that originate from the same country. It is believed that more than 100 types of martial arts exist in this country. Which country are we referring to?**

a. India
b. The Philippines
c. Thailand

**21. The founding father of Brazilian jiu jitsu (the martial art that was formed as a modification of judo) is considered to be the famous Japanese judo masters who taught the skill to the Gracie family and who gave it its name. What is his name?**

a. Mitsuy Maeda
b. Masashi Nishiyama
c. Jigoro Kano

**22. The founder of the Israeli martial art called Krav Maga is Imi Sde – Or Lichtenfeld who learned the self-defense skill in Bratislava (Slovakia) from his father. He started to teach the skill when he came to Palestine. In Hebrew, what does Krava Maga mean?**

a. The gentle way
b. A wrestling fight
c. A contact combat

**23. According to a legend, Wing Chun, a Kung Fu style, was created by a monastic nun Jim Wing-Chun. The meaning of this style's name can be translated differently in Chinese dialects. Some martial arts masters say that it means "vital Spring". However, it is more famous by a different meaning across the world. Which one?**

a. Grieving Spring
b. Singing Spring
c. Rainy Spring

**24. Kung Fu originates from the Shaolin Temple which contains 5 stylistic directions (snake, tiger, dragon, leopard and crane). It is mostly known under 2 names which are used most often. What are those names?**

a.Kenpo or kempo
b. Tang-lang or Ding-bo
c. Pak Mei or Pa Kua

**25. Bruce Lee, the legendary martial arts master and famous actor, died on July 20, 1973. After a traditional Chinese ceremony in Hong Kong which was attended by around 35,000 fans, Bruce Lee**

"If you carefully read
the articles published
in our magazine,
most of these questions
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to you."

# General Knowledge
# Quiz

**was buried in Lake View Cemetery, Seattle. Before the burial, which favourite item of his was placed in his casket?**

a. Nunchaku sticks
b. boxing gloves
c. sunglasses

**26. Master Bruce Lee was famous for performing various techniques of different punches. Still, many of his fans and martial arts lovers remember his perfectly performed jump kick which is, in karate, called tobi yoko geri and, in tae kwon do, twio yop chagi. Which kick are we talking about?**

a. A frontal kick
b. A side kick
c. A circular kick

**27. In February 1882, Jigoro Kano, a martial arts master and the founder of Judo, opened his school (dojo) near a Buddhist temple in Shitaya county, near Tokyo. Ejsho – ji dojo, as his school was called, was quite small and had only a couple exercise mats in the beginning. How many mats did it have?**

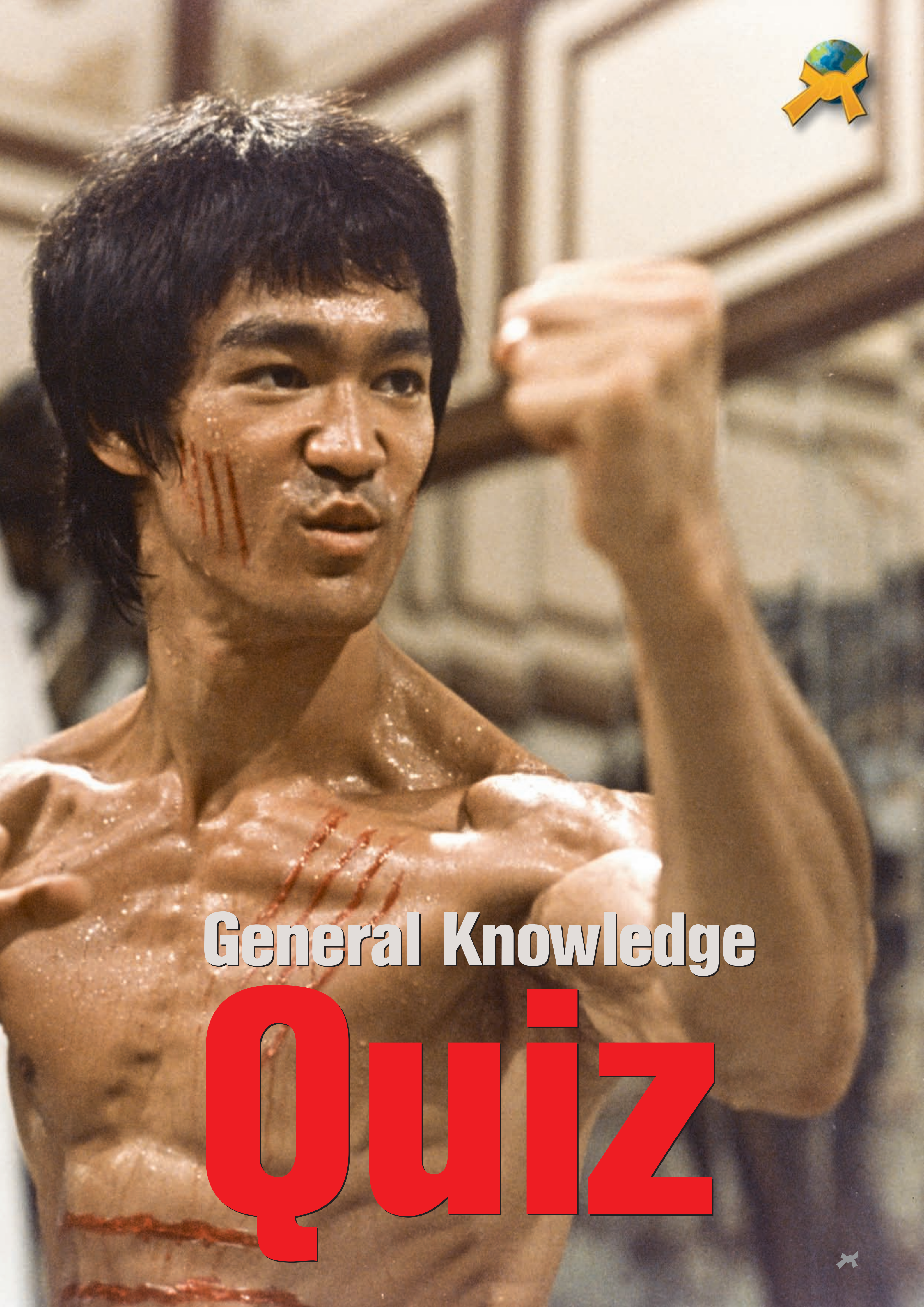
a. 8 mats
b. 14 mats
c. 12 mats

**28. The movie "Rocky" won 3 Oscars in 1977 (Best Picture, Directing, Film Editing). The movie talks about a left-handed boxer named Rocky Balboa who suddenly gets a chance to win a title of world champion. From all of the characters in the movie, only one actor in that movie had over 35 boxing matches in real life. Which role is this actor playing?**

a. Rocky (S.Stallone)
b. Paulie (B.Young)
c. Mickey (B.Meredith)

**29. The Olympic Games held in 1960 in Rome are remembered for their extremely attractive pits. The American boxer Cassius Clay (Muhammad Ali) became especially distinguished. After the Games, he transferred to professional boxing and became one of the most successful boxers of all time. Clay won the Polish boxer Zbigniew Pietrzykowski in the finals of the light heavyweight category. How old was Muhammad Ali at that time?**

a. 19
b. 22
c. 18



# General Knowledge

# Quiz

**30. Gonosen –no kata is one of the most famous and recognized judo katas. The kata was created in France and its founder was a legendary judo master. What was his name?**

a. Mikonosuke Kawaishi
b. Kyuzo Mifune
c. Yukio Tani

**31. The first ranking of different belt colors (from the beginner's white to the master's black belt) which marked the student's level of knowledge and progression was devised by a legendary judo master. He wanted to make the levels of progression easier for his students. What was he called?**

a. Naoki Murata
b. Peter Seisenbacher
c. Mikonosuke Kawaishi

**32. In 1958, a legendary karate master Masutatsu Oyama published a book which first edition was sold in over 150,000 copies in a short amount of time. Because of great interest, the book was also published in English in 1963. What is this famous book called?**

a. What is karate
b. Karate made easy
c. Winning tournament karate

**33. In 1974, the German Georg F. Bruckner (1930 – 1992) organized a competition between USA and Europe titled "European All Style – Karate Championship". When organizing the event, he had a lot of help from his teacher and friend Mike Anderson. The promotional flyer had a photo of a legendary American kickboxing fighter. Which one?**

a. Jeff Smith
b. Joe Lewis
c. Bill Wallace

**34. Tae kwon do is a Korean martial art that was formed in the 1940's by fusing different Korean martial arts and Japanese karate that was trained at the time. The name comes from the word tae = to kick with a leg, kwon = to punch with a hand and do= the way. Allegedly, the name tae kwon do was suggested for the first time by one of general Choi –Hong-Hi's associates in**

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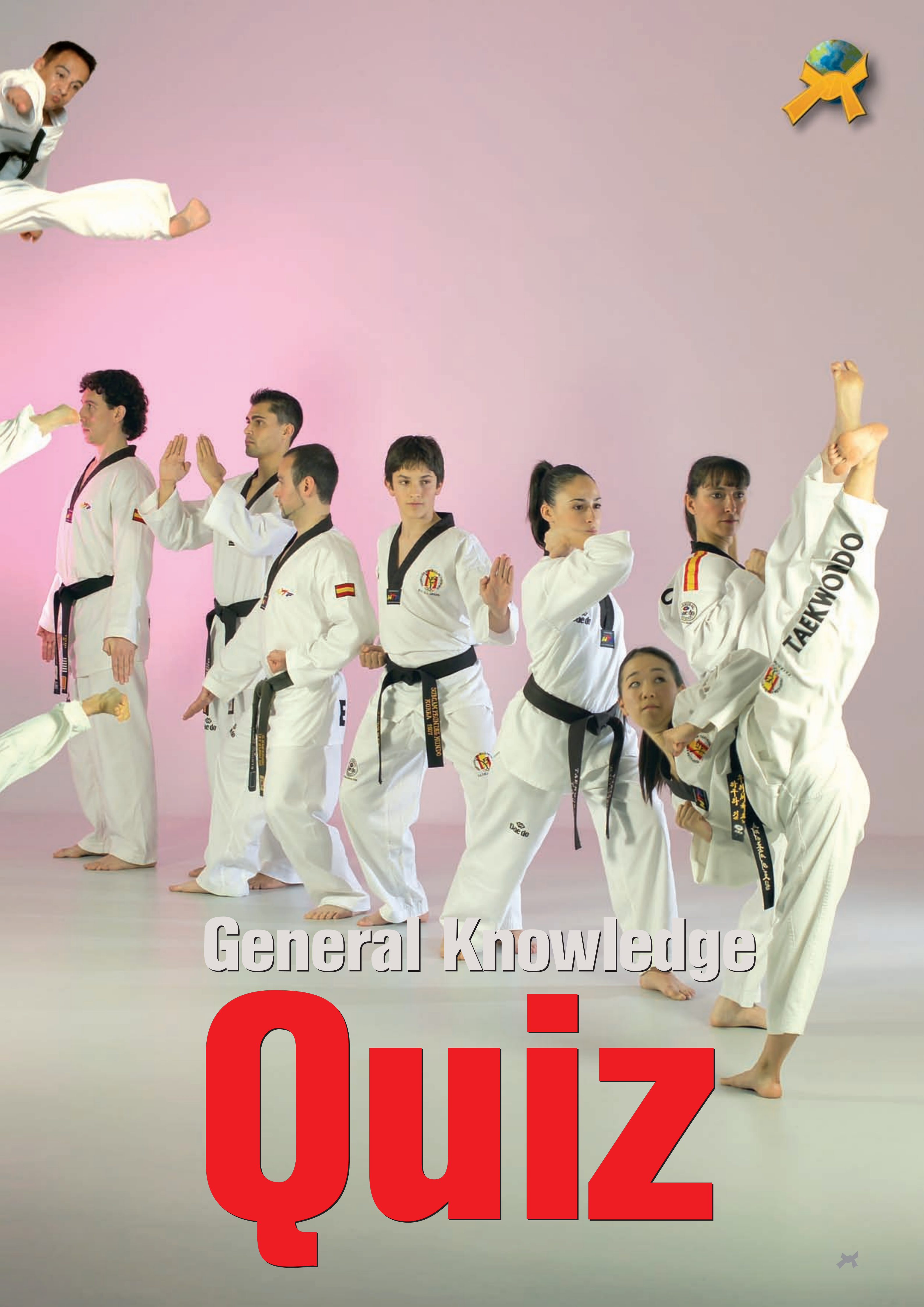


# General Knowledge Quiz

1955, but it wasn't accepted at the time. In which year was the name officially accepted as tae kwon do?**

a. 1965
b. 1960
c. 1956

**35. Chuck Norris, the famous actor and martial arts master, trained Tang Soo Do in Korea. This famous Korean martial arts style has some connections with karate. What does the literal translation of this style mean?**

a. The way of the Tang fist
b. Strong fist
c. The fist of Tang dynasty

**36. Certain changes in MMA sports occurred when 2 up-and-coming brothers bought UFC in 2001 and formed a promotion company Zuffa and named Dan White as its president. Thanks to their connections and influence in Nevada, the brothers succeeded in legalizing MMA sports which was crucial for its further development. What are their names?**

a. F. i L. Fertitta
b. R. i R. Gracie
c. R .i G. Mendes

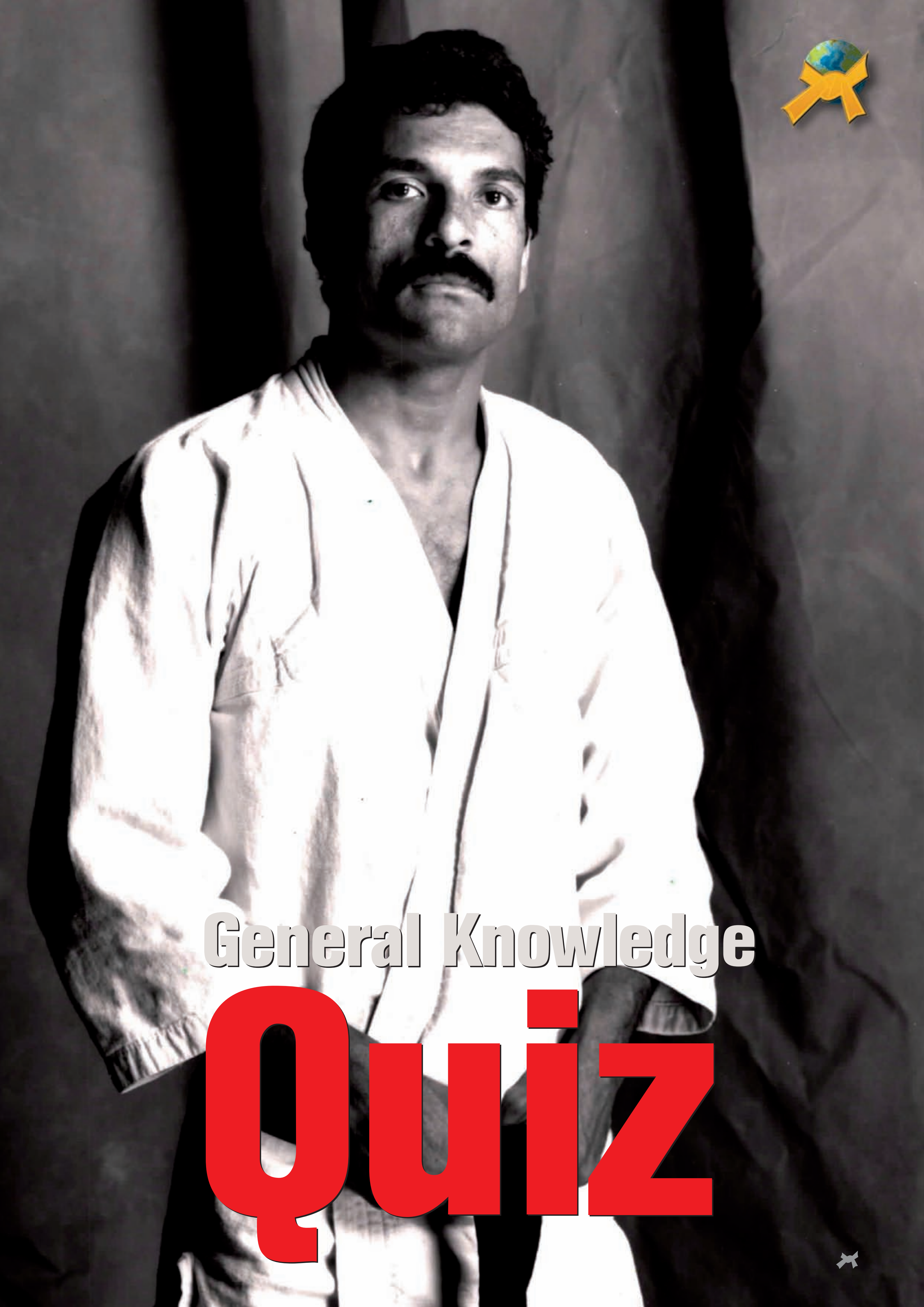
**37. The first mouth guard was made by the dentist Woolf Krause and his son Phillip in 1892. At first, the mouth guards were used in boxing, but a certain amount of time had to pass in order from them to be accepted among boxers. The year 1913 is considered to be the one when mouth guards officially started to be used in boxing and, later on, they were used in other martial arts and sports as well. Which country did the father and son Krause originate from?**

a. Germany
b. France
c. England

**"If you wish to check your knowledge in Martial Arts, you can do so by answering the questions in this general knowledge quiz. Each question has one correct answer. Have fun and see how much you know about various topics in martial arts!"**

# Martial Arts

David "Sensei" Stainko



# General Knowledge
# Quiz

**38. The Chinese named a skill of spear fighting kung chia chiang and transferred it to Japan where the skill underwent a revival in the 10th century, i.e. in the time of samurai fighters. In the Southern areas of Japan and in some areas on Okinawa, the Japanese called the skill "jutsu" and sometimes "sode". In Europe, the famous war spear which was heavier that usual also had a forged spike on both ends and wasn't thrown. Which name was given to this famous type of spear?**

a. Macedonian spear
b. Spartan spear
c. Roman spear

**39. Shoshin, Fudoshin, Mushin and Zanshin are 4 strong states of mind that have a special place in martial arts and, as such, have been recognized for a long time by various martial arts masters. What does the literal translation of Mushin mean?**

a. A state without the mind
b. A fuzzy mind
c. A calm mind

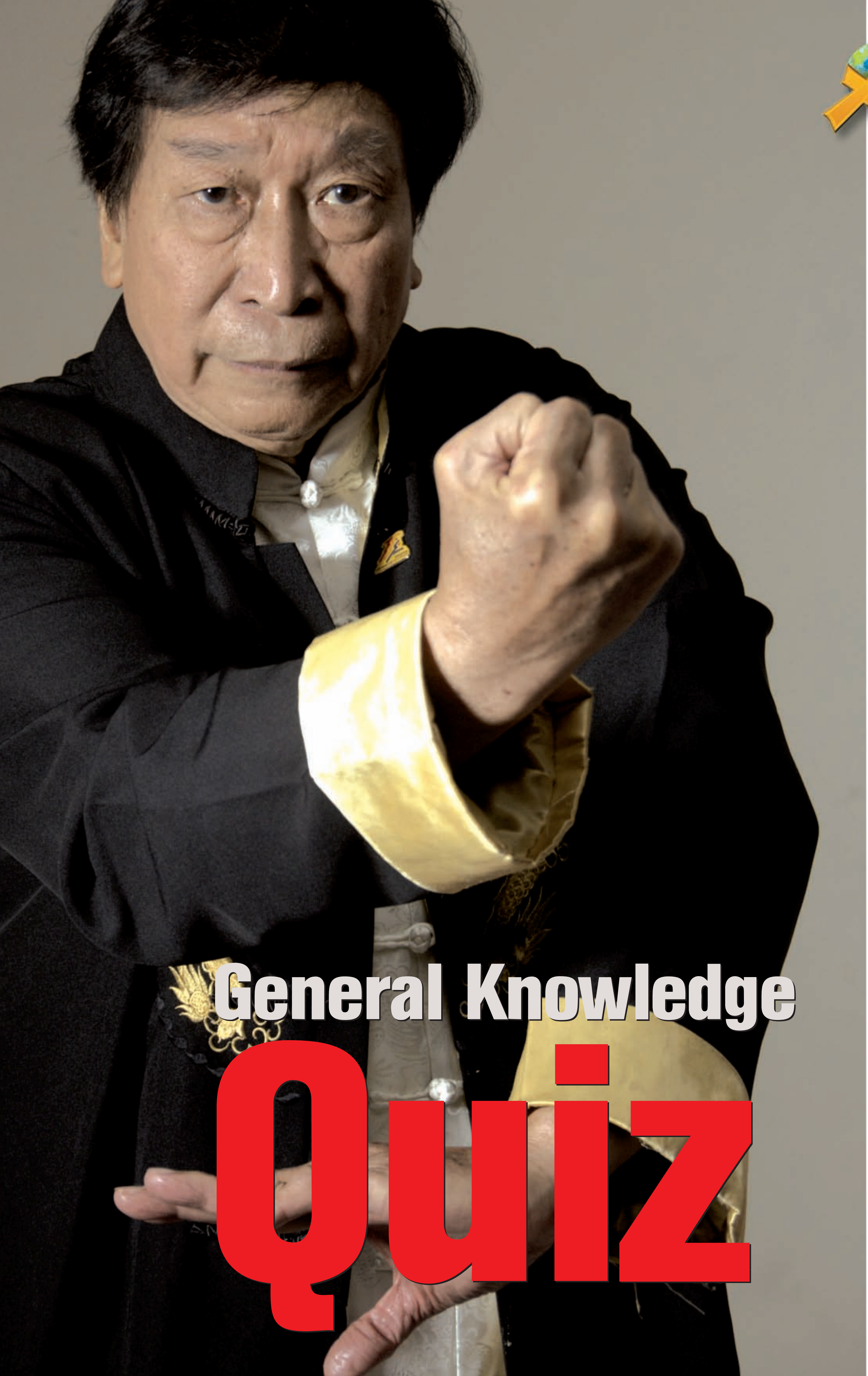
**40. The famous movie "Karate Kid" was directed in 1984 by John G. Avildsen. The actors Ralph Machio and Pat Morita became famous thanks to their roles in the movie. By the end of the movie, Ralph performs a jump kick which, according to its technique, comes from the kung fu style of Shaolin Temple (Kenpo, Shorinji Kenpo) and contins 5 stylistic directions. The kick was performed in a kung fu style called The Crane. A nearly identical kicking technique is performed in a kung fu style called The Mantis. What is the Chinese term for it?**

a. Hung Gar
b. Tanglang
c. Choy Li Fut

**41. Jigoro Kano (1860 – 1938) was a famous Japanese martial arts master and the founder of Judo. As its founder, he was the first president of the Kodokan Institute. Jigoro Kano died on May 4, 1938 and, according to his explicit wishes, he was buried with a Judo belt. Which color was the belt?**

a. red
b. white
c. black

**42. Many traditional katas (forms) have names in both Japanese and Chinese. Because of that, some katas have even 3 different**



# General Knowledge
# Quiz

**names. A similar issue exists with certain martial arts styles. The Chinese martial art Pangai-noon is also known as under a Japanese name for a style of karate. Which one?**

a. Uechi ryu
b. Wado ryu
c. Goyu ryu

**43. According to different statistical data, the number of martial arts athletes that were tragically killed is extremely high. According to some data, there have been over 1050 boxers and more than 420 Judo athletes that died in the last 50 years. The majority of these incidents happened in Mexico, Indonesia, Japan, Brazil, India and The Philippines. How many athletes went into coma after a sports fight in the last 30 years?**

a. 220
b. 120
c. 320

**44. The Japanese karate master Kanryo Higashionna (1853 – 1915) is remembered in the history of karate as the man who transferred a famous kata from China to Okinawa where it gained its popularity. What is that famous kata called?**

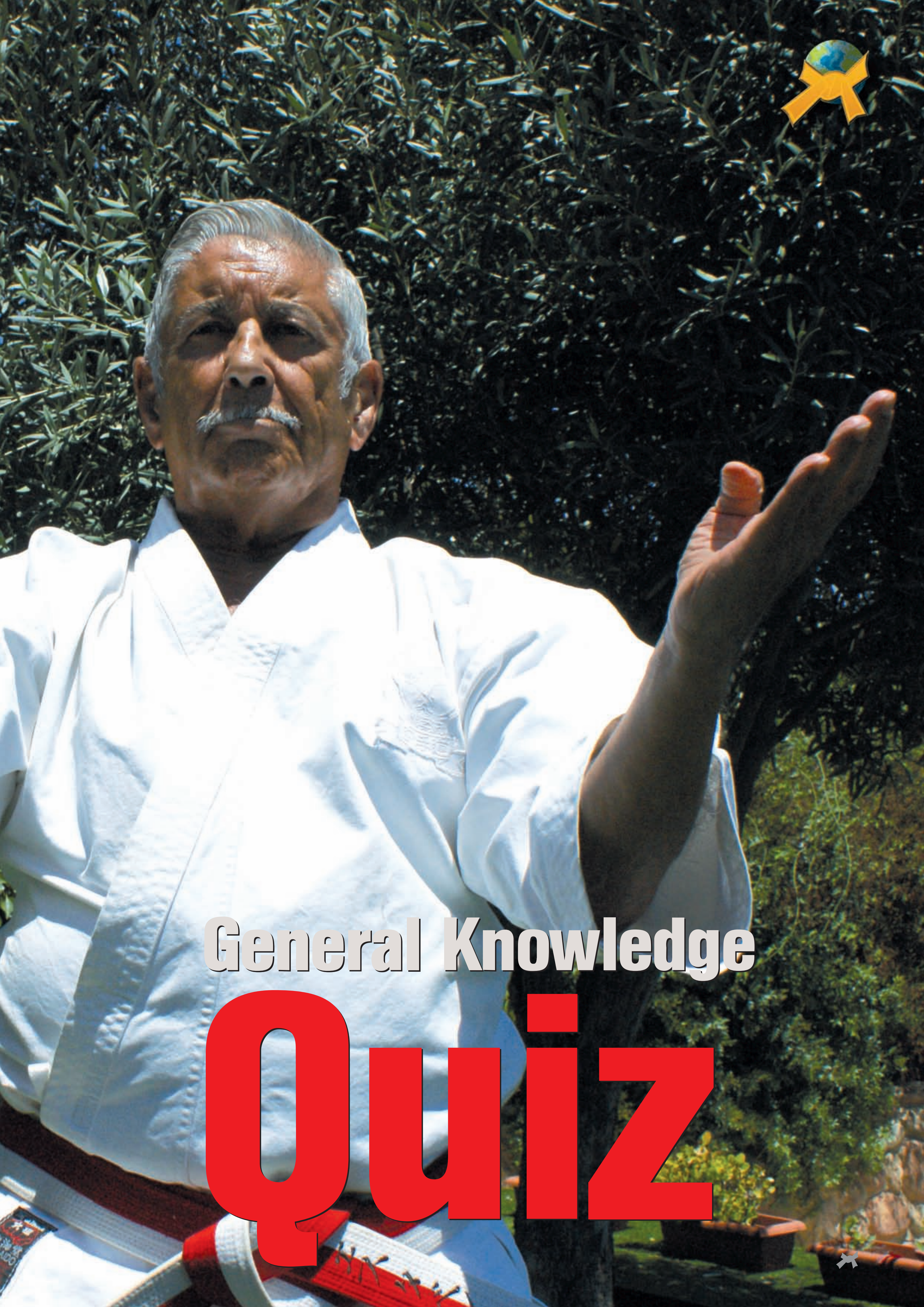
a. Sanchin
b. Pinan
c. Heian godan

**45. From 1937 to 1945 the prohibition of training all styles of kung fu (except for thai chi chuan) existed in China. All previous bans started to gradually become abolished from 1945 and a bloom of various kung fu styles happened. Still, the first official delegation of a kung fu style came from Chine to Europe and USA in 1974. Which style was that?**

a. Pa Qua
b. Wing Chun
c. Wu Shu

**46. The actress Angela Mao is remember in the world of martial arts movies under the nickname "The First**

David "Sensei" Stainko
Martial Arts



# General Knowledge

# Quiz

Lady of Kung Fu”. She was a martial arts master and gained a black belt 3rd Dan. Which martial arts style was she a master of?

a. Hap ki d
b. Tang soo do
c. Hwarang -do

47. After it was first shown in the James Bond movie "The Man with the Golden Gun”, a wide audience was for the first time shown a martial arts that rapidly became popular and spread throughout the world. Which martial art are we referring to?

a. Capoeira
b. Muay thai
c. Kali

48. Tae kwon do was the first time shown as a demonstrative sport at the Olympic Games in Seoul. Which year was that in?

a. 1988
b. 1984
c. 1986

49. According to a statement made by one of today's most famous ninja masters Masaki Hatsumi how many mandatory levels of knowledge (technique) does a trainee need to go through during ninjutcu training?

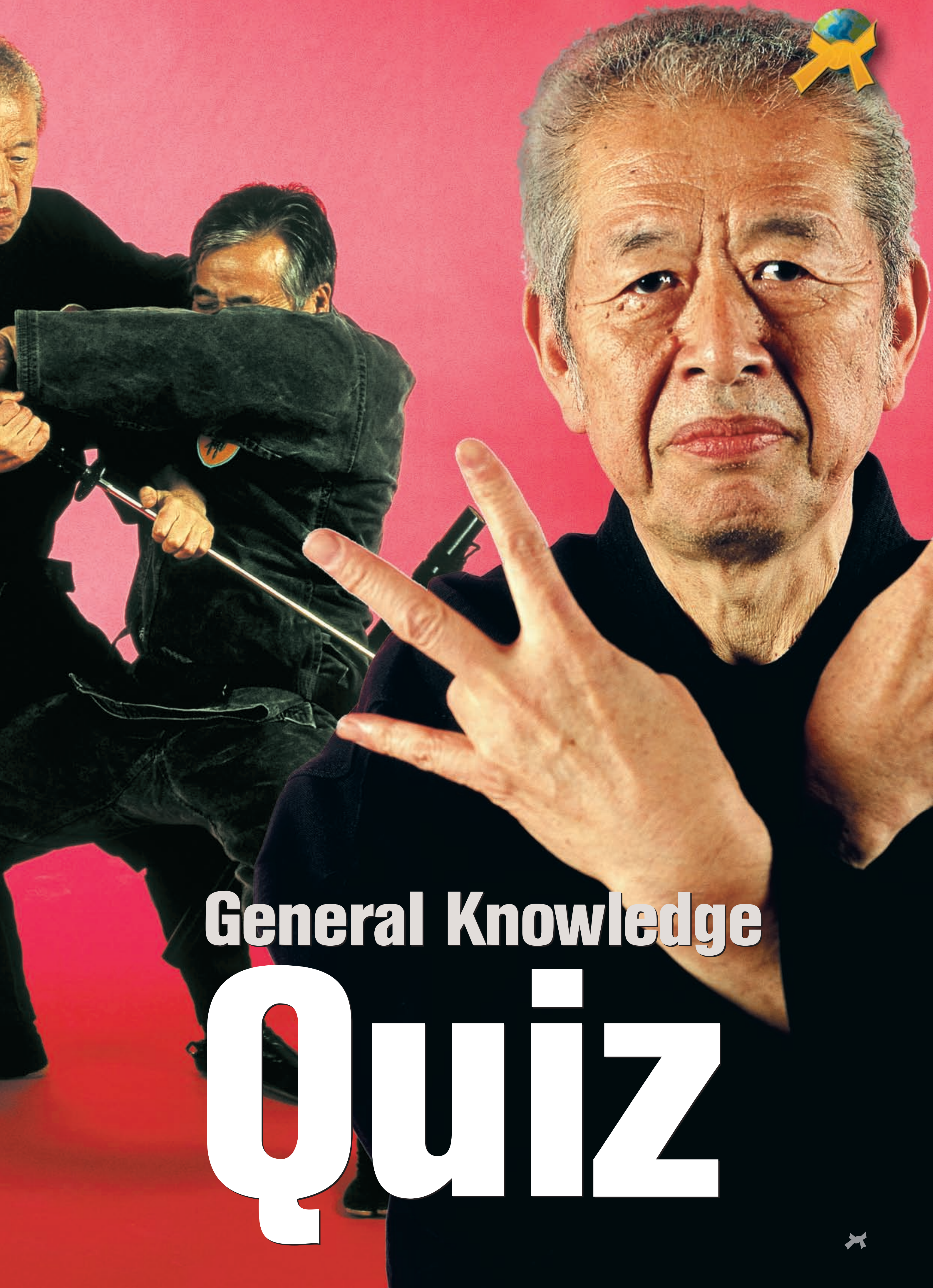
a. 10
b. 18
c. 8

50. According to statistical data for 2022, among the 25 most popular sports in the world, boxing is ranked at 7th place. Which place is taken by MMA (UFC) sports?

a. 8th
b. 10th
c. 13th

# David “Sensei” Stainko

# Martial Arts

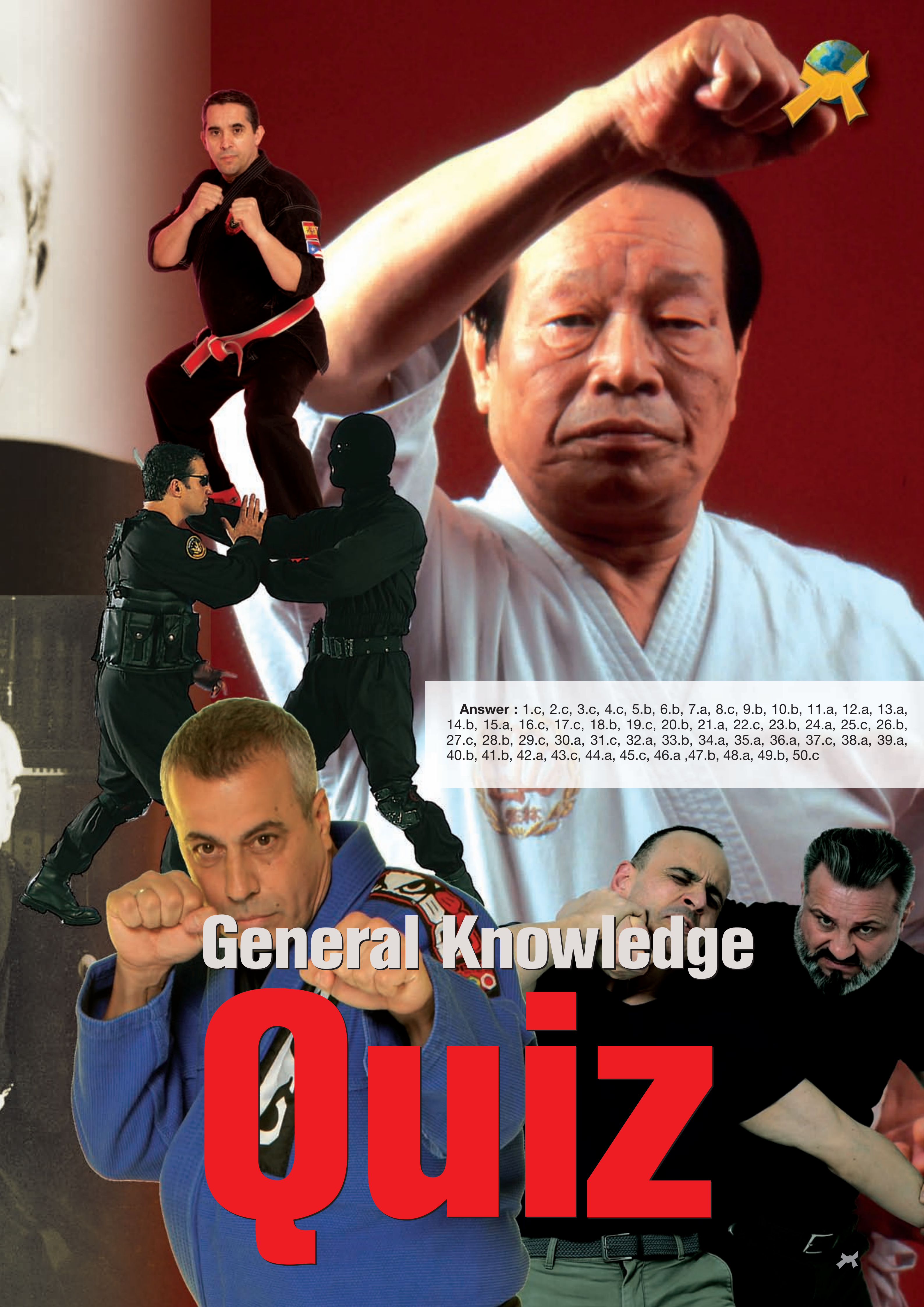


# General Knowledge

# Quiz

### David “Sensei” Stainko

# Martial Arts



# General Knowledge Quiz

**Answer :** 1.c, 2.c, 3.c, 4.c, 5.b, 6.b, 7.a, 8.c, 9.b, 10.b, 11.a, 12.a, 13.a, 14.b, 15.a, 16.c, 17.c, 18.b, 19.c, 20.b, 21.a, 22.c, 23.b, 24.a, 25.c, 26.b, 27.c, 28.b, 29.c, 30.a, 31.c, 32.a, 33.b, 34.a, 35.a, 36.a, 37.c, 38.a, 39.a, 40.b, 41.b, 42.a, 43.c, 44.a, 45.c, 46.a ,47.b, 48.a, 49.b, 50.c

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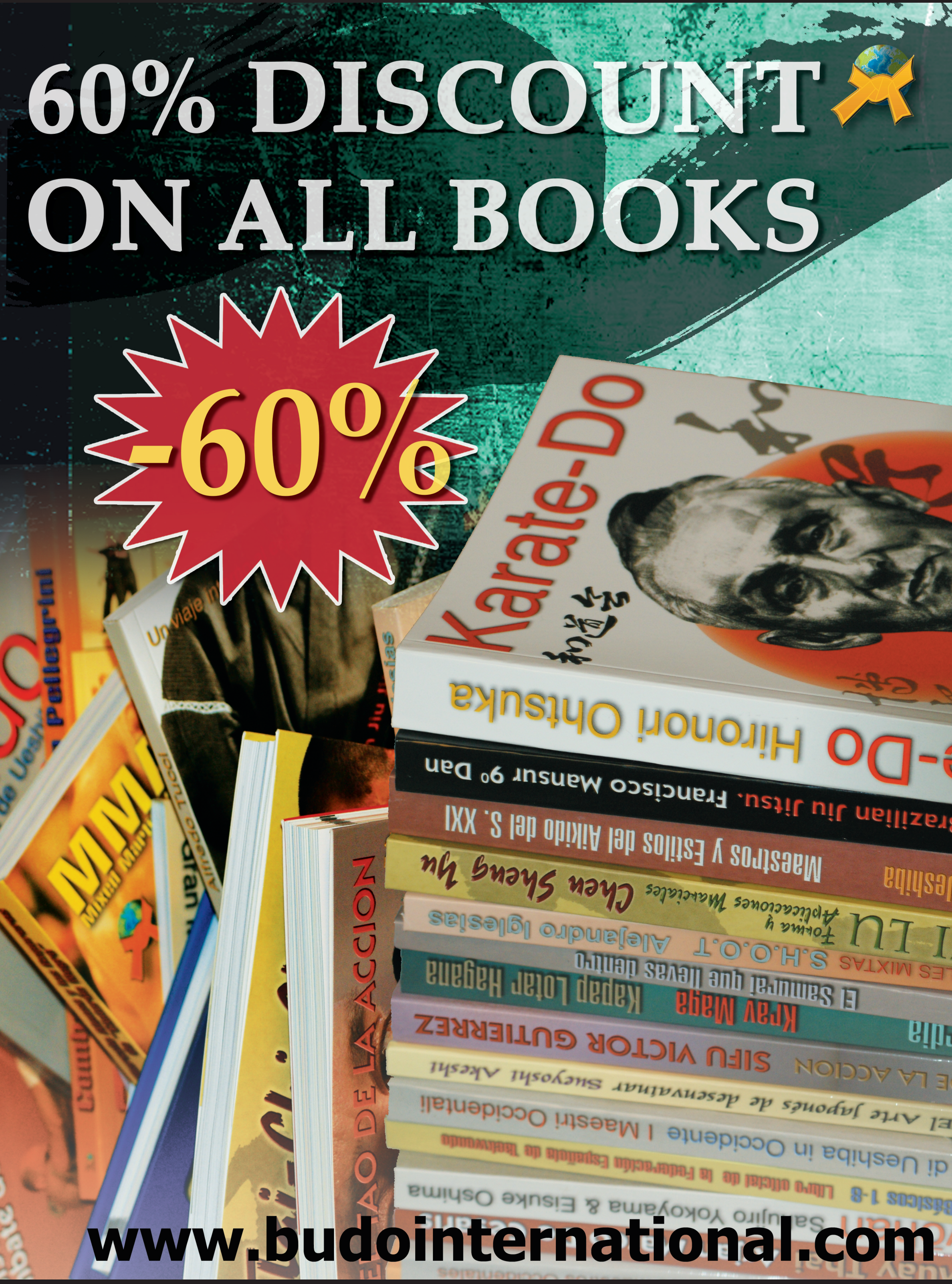
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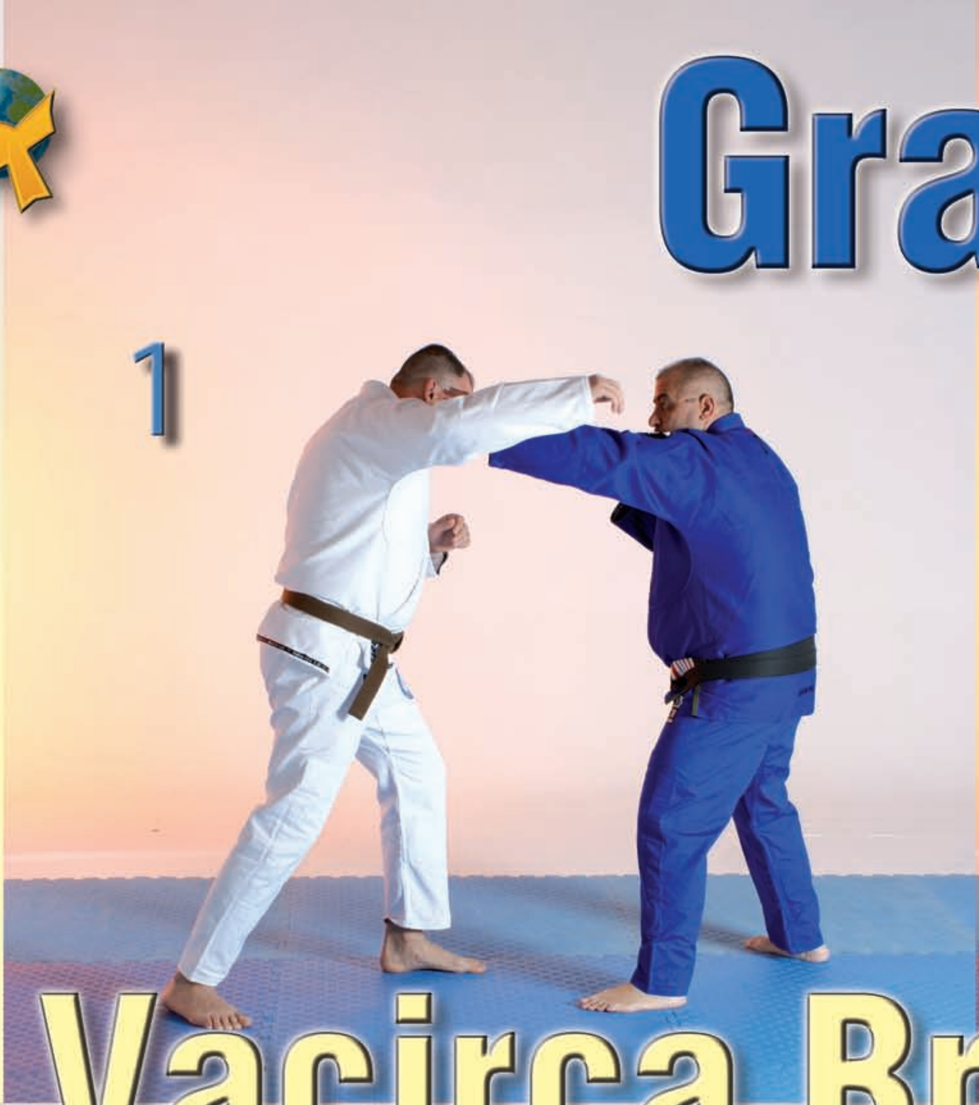

# Vacirca Bros.

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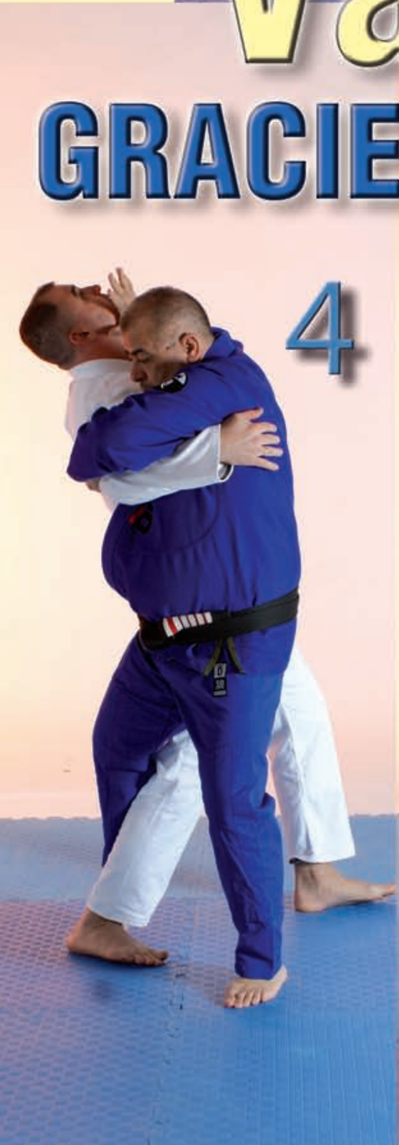

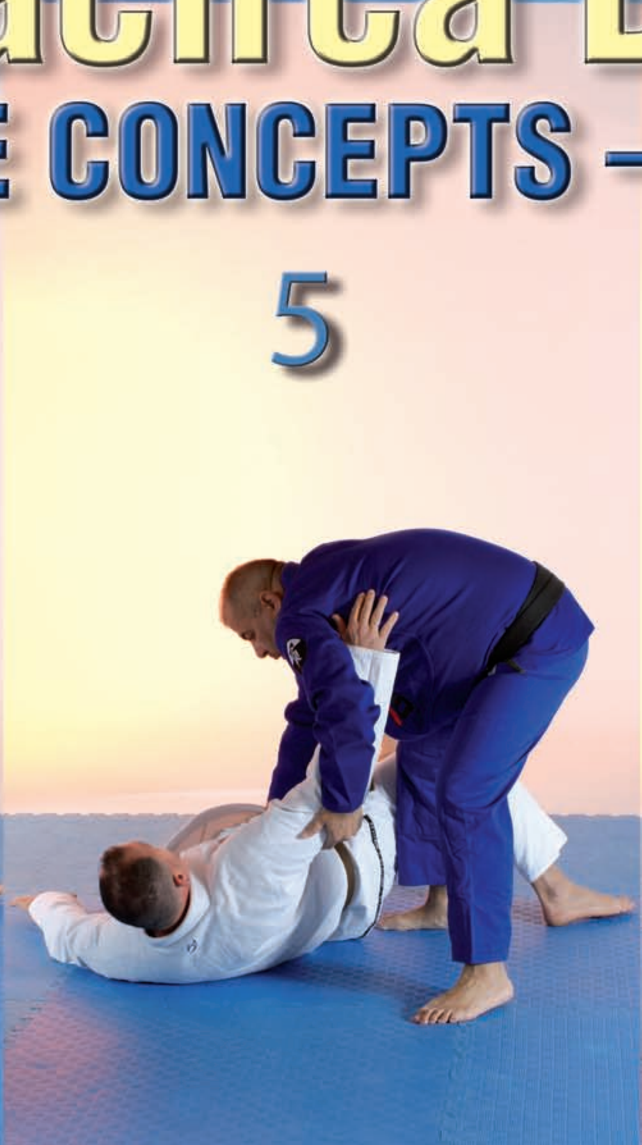

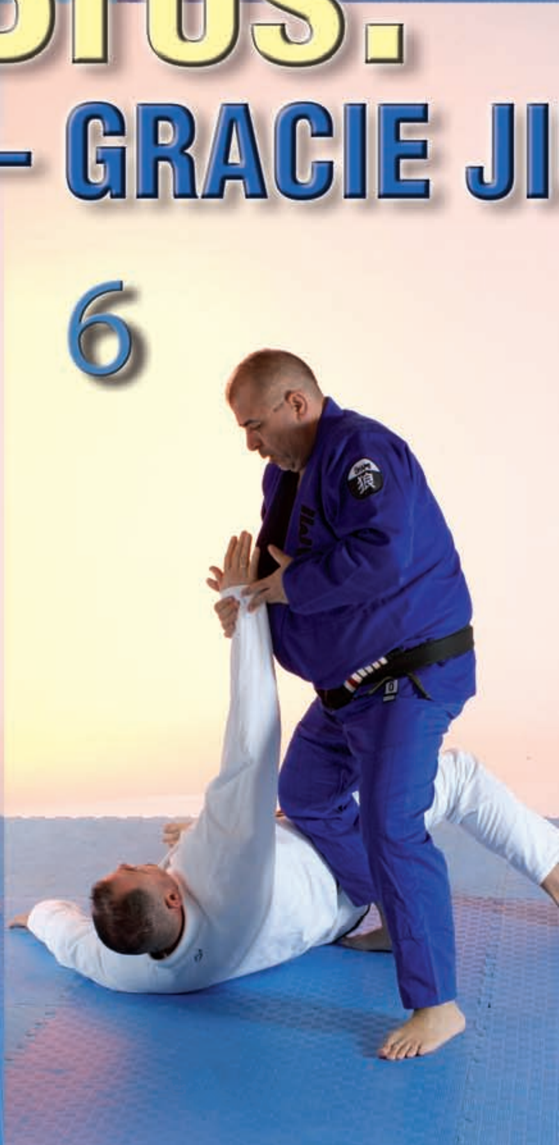

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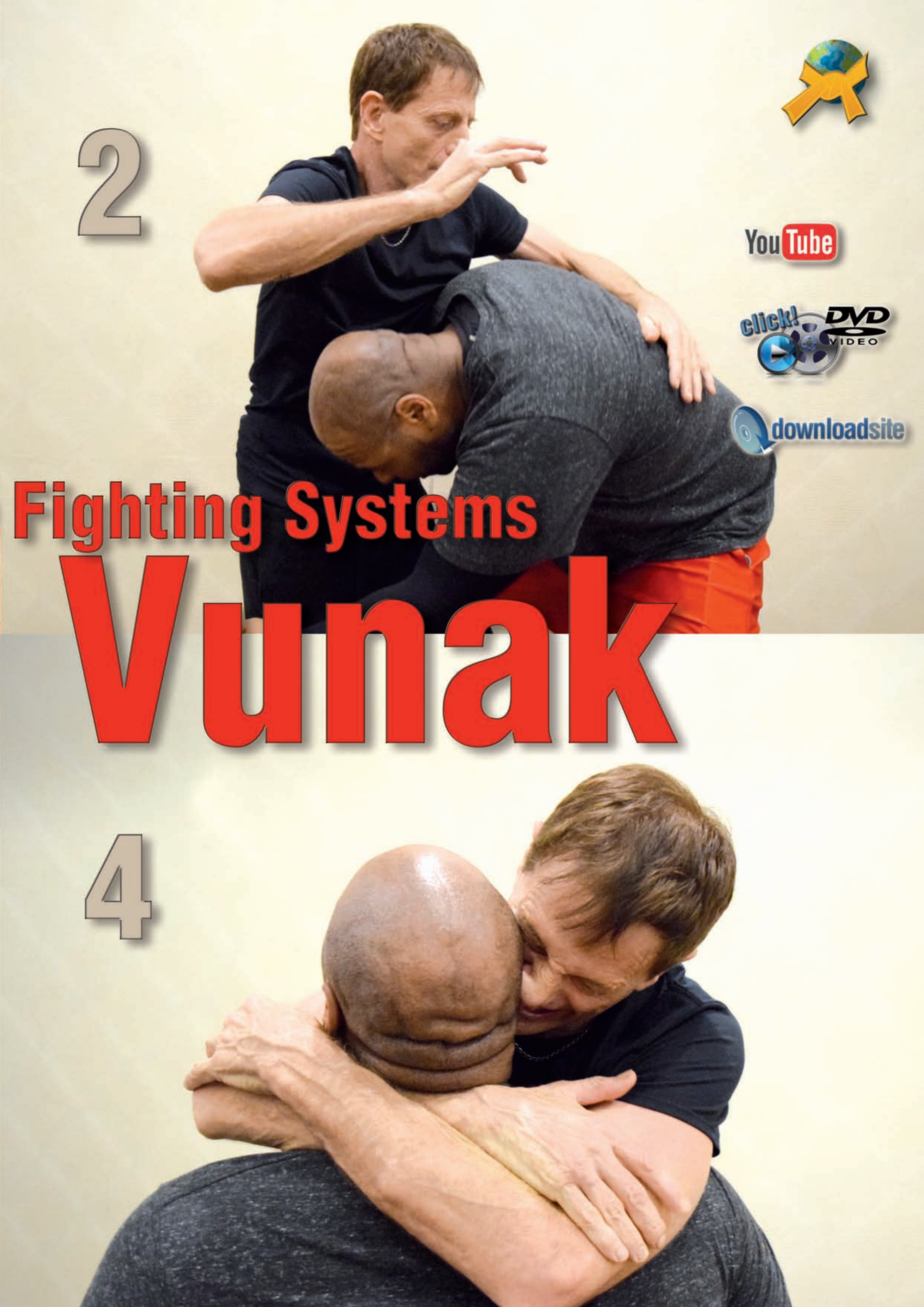
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# Kapap

# Sensei on the Road

## Avi Nardia

### *Leadership and Courage*

*"He who thinks he leads, but has no followers, is only taking a walk."*
***John Maxwell***

**Arguably the two most difficult enemies that Alexander the Great had to face were Darius and Porus. Darius for the breadth of his empire and Porus for the novelty of his fighting methods and bravery of his troops. However, there was a stark contrast between the person of Darius and that of Porus.**

# Kapap

# Sensei on the Road

# Avi Nardia

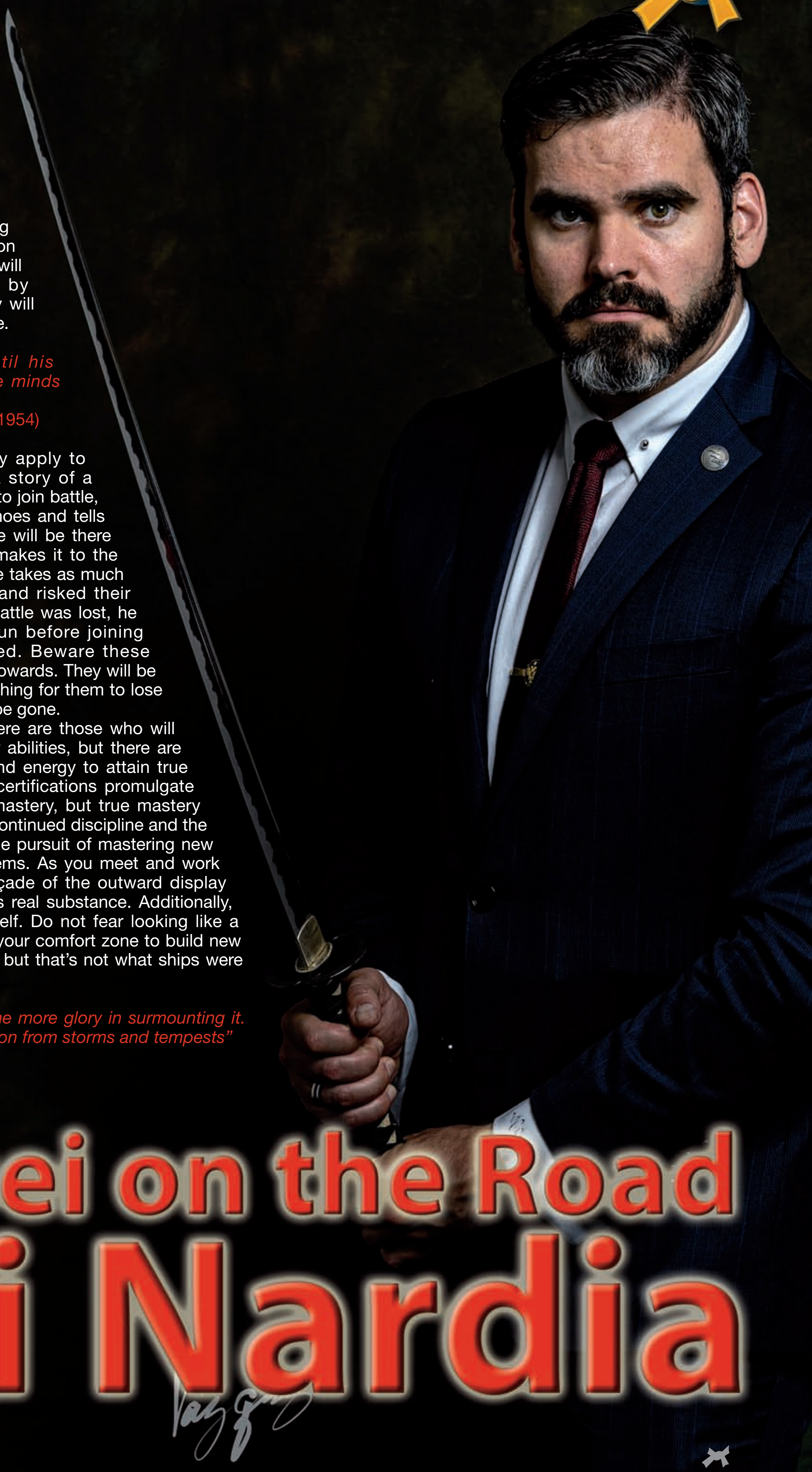
In the first battle against the Persian king at Issus, Alexander deftly outmaneuvered the Persian army and as soon as Darius saw the battle turning against him, he fled. After this victory, Alexander conquered the Persian held territories from modern day Syria all the way to Egypt to ensure he wouldn't be flanked, then went inland to pursue Darius. They met again at the battle of Gaugamela and again the tactical genius of the Macedonian ruler won the day, Darius once again fleeing the battle at the first indication of defeat. Darius continued to try to build an army to once again challenge Alexander, but it was never to be.

Porus was king of the Punjab region, where the Indus River and its four tributaries flow. When face-to-face with Alexander, the Punjab king's elephants and novel fighting methods created a challenge for Alexander. The battle-hardened Macedonian army and their supplemental forces were able to adapt, opening their lines when the elephants came through and targeting the riders of the elephants to send them into confusion. The son of Porus launched a bold attack on the flank of Alexander's army, but Alexander quickly mounted a counterattack to push them back. When king Porus saw that the battle was likely lost, he plunged himself into the most intense fighting alongside his men, preferring death in battle to abandoning his men. He wasn't killed however, being captured by the Macedonians and brought before Alexander to determine his fate.

The fate of both of these kings was determined by their actions. Darius fled with his generals and after a few months of attempting to raise an army, was betrayed by his most trusted general and was put in chains as the general attempted to continue Darius' goal of raising an army, but with himself at its head. Alexander the Great, who had been in pursuit of Darius, finally found him. The general that had betrayed Darius murdered him when Alexander was getting close, an ignominious end to his life of cowardice. Porus on the other hand, having been captured and brought before Alexander was asked by the Macedonian king, "In your defeat, how would you like to be treated?" Porus responded, "As a king." Alexander responded, "Very well, you will have all your territories back and your army and your riches. You will help me continue my conquests as an ally." Porus and his lineage continued to rule the Punjab region and became autonomous once again after the untimely death of Alexander the Great.

The world is full of leaders like Darius. They are happy to stand by and watch as those around them fight so they can take credit, but as soon as things go poorly, they are the first to distance themselves. Sooner or later, they will be exposed as useless and even their 'friends' will turn against them because they only acted in self-interest. On the contrary, leaders like Porus are few and far between. When difficulties arise, they seek the most difficult position to

# Kapap



plunge themselves into, working and fighting alongside those on the front lines. Their position will never be questioned by subordinates and their legacy will live on long after they have gone.

*"No man is a leader until his appointment is ratified in the minds and the hearts of his men."*
-The Infantryman's Journal (1954)

This principle doesn't only apply to leaders however. There is a story of a soldier who, while on his way to join battle, stops by the way to tie his shoes and tells others to go on ahead and he will be there soon. By the time he finally makes it to the battle, it is already won and he takes as much credit as those who fought and risked their lives. On the contrary, if the battle was lost, he can immediately turn and run before joining battle or risk being captured. Beware these people, who are self-serving cowards. They will be your friend until there is something for them to lose or sacrifice and then they will be gone.

Similarly, in Martial Arts, there are those who will promote themselves and their abilities, but there are few who dedicate the time and energy to attain true mastery. Empty awards and certifications promulgate the outward appearance of mastery, but true mastery can only be attained through continued discipline and the humility to appear stupid in the pursuit of mastering new techniques, abilities and systems. As you meet and work with others, look past the façade of the outward display and see for yourself if there is real substance. Additionally, be brutally honest with yourself. Do not fear looking like a beginner as you step outside your comfort zone to build new skills. A ship is safe in harbor, but that's not what ships were made for.

*"The greater the difficulty, the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests"*
***Epictetus***

# Sensei on the Road

# Avi Nardia

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# The fight with medieval weapons

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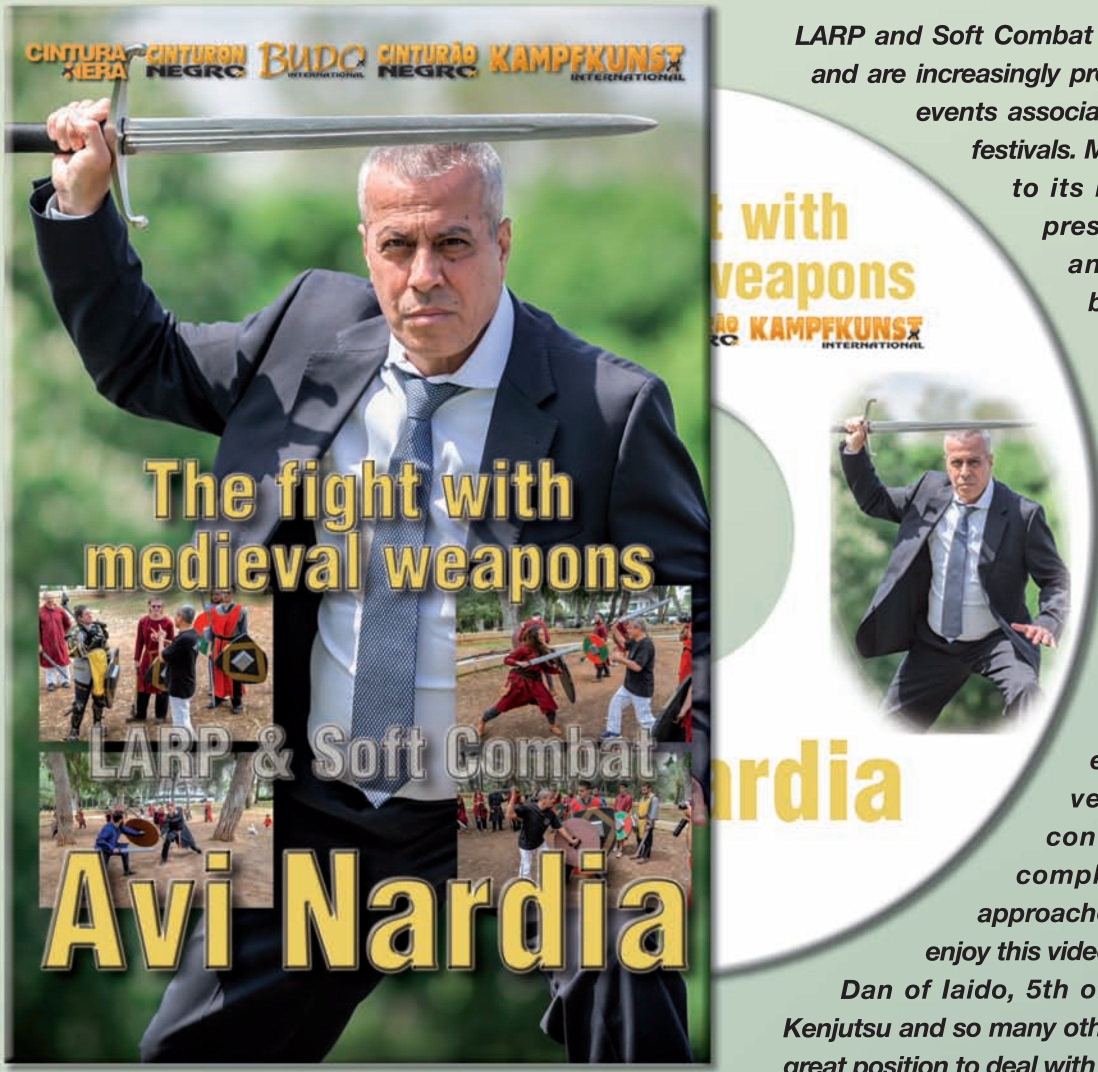
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*LARP and Soft Combat are spreading like wildfire and are increasingly present in medieval fairs and events associated with tourism and local festivals. Medieval fencing, in addition to its increasingly widespread presence in reproductions of ancient battles, has also become a new leisure activity and sport that is spreading around the world in dojos for children and adults, in the form of role-playing games, or preparation for actors in the increasingly frequent series framed in the Middle Ages. Because of his extensive martial experience, Avi adds veracity to the combat, conveying realism and completely unexpected approaches to the genre lovers will enjoy this video. His 6th Dan of Kendo, 5th Dan of Iaido, 5th of Jodo, his knowledge of Kenjutsu and so many other martial arts, put him in a great position to deal with the subject.*

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# Salvador

Our long-time collaborator Salvador Herraiz, 8th Dan of Karate, veteran instructor and communicator, is about to celebrate his 50 years in Karate, very fruitful years in all senses and always impregnated with a personal attitude in accordance with what he has always thought should be the Way of Karate. We have known each other for more than 35 years and we maintain a friendship that deserves that today in Cinturón Negro we dedicate a few pages to his recognition on the occasion of this anniversary.

*Alfredo Tucci*

> "I always recommend walking
> with passion,
> without obsession, with
> dedication, sometimes with
> discouragement,
> without haste, with illusion,
> sometimes with
> disappointment,
> always with patience and
> understanding,
> without dispersion,
> with friendship."

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# 50 years of Martial Art

# Herraiz

# Salvador

# 50 years of Martial Art
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## SALVADOR HERRAIZ 50 YEARS IN THE MARTIAL ART. GOLDEN JUBILEE IN SPANISH KARATE

**By Pedro Villaverde**

The Karate master Salvador Herraiz, retired three years ago from teaching but keeping in his personal life an intact Karate spirit, is about to celebrate 50 years in the world of this traditional martial art of Japanese origin. A lifetime of deep dedication in its various aspects, such as personal practice, teaching for 40 years based in Guadalajara, dissemination of technique and philosophy, its small part of sporting competition, high-level events, ... including many books published and articles published in various magazines in Spain and abroad.

Now, important people have sent Salvador Herraiz, on the occasion of this important anniversary, messages of congratulations after a lifetime of friendship. To mention just a few, Antonio Espinos, president of the World Karate Federation, the former champion José Manuel Egea, the Olympic champion Sandra Sánchez and her coach Jesús del Moral, the well-known taekwondist Coral Bistuer, Alfonso Acosta, president of the Council of Masters, or even Prince Adam Czartoryski de Borbón, in addition to the highest ranks of Karate in Spain.

Salvador himself recognizes that... "*it has been a passionate full time life of Karate 24/7 that has allowed me to travel around the world and meet very interesting people inside and outside our country, and inside and outside the martial art itself. Ambassadors, princes, generals, kings, and of course the main masters in the history of Karate, have been a constant in a life focused mainly on the traditional martial art based on its technical dynamics but with positive values of respect, courtesy, tolerance, ... applicable to everyday life outside the dojo.*"

The karateka from Alcarria started in Karate kicking and punching without much order or concert, in the courtyard of the Salesianos school in Guadalajara (with a fellow Kung Fu fan) and then in the place where his parents stored their drums of honey next to a photographic laboratory (without forgetting the trees of the Fuente de la Niña that endured so many kicks). His brother Faustino had already made contact with Karate during his military service. In 1974 the order began to arrive through the classes that his other brother José Mª began to receive in Madrid and later with the arrival at the Aylú club of the Madrid instructor Carlos Alfaro.

# Salvador

# 50 years of Martial Art

# Herraiz

*Salvador Herraiz with HM King Felipe remembering the monarch's martial arts practice times.*

Founder together with his brothers in the capital of Alcarria of the Wadokan school, in December 1980, he obtained months later in Zaragoza his Black Belt 1st Dan (being the first in our province), and in Madrid the title of Professor. Leaving aside his job as a civil servant in the office of ICONA to devote full time body and soul to Karate, he was able to devote all his time, whether it was to personal practice, study or research and writing, preparation of activities and events, ... and teaching.

Competitor for a while, and then referee and judge, he has not felt particularly comfortable with the sport-competitive facet of Karate, despite not being against it, and has developed it in doses and in a complementary way, never as a main goal. Instead he has devoted himself very especially to the integral martial art that I have instilled for 40 years in his teaching.

# Salvador

# 50 years of Martial Art

# Herraiz

"I, and many other people, understand Karate Do not as a sport but as a traditional martial art, both in its technique and in its spirit. I belong to that movement of veterans who think that Karate Do is not taught by a trainer, it is taught by a Sensei, someone who together with his knowledge and skills practiced for decades, and with the ability to transmit and communicate, shows an appropriate behavior that he transmits to his students. The Sensei are heirs and depositaries of a glorious Japanese tradition, in times of constant changes, some considered as evolution but others as clear transgression. The Sensei, who teaches with rigor the technique and spirit of Karate, more than in the next competition or in the approach of the next season, must think of the next generation. He is an expert and a role model, with his personality and moral and ethical integrity being his most outstanding attributes. Sensei is an attractive term because of what it encompasses, but this very fact means that in many cases this word is used happily. Logically, others may think differently. Gone are the primitive times when Karate was united in a single group of opinion."

AKIE
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PIONEROS DEL KARA
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In 1987 he travels for the first time to Japan, where he discovers a new martial landscape. Many more trips to the land of the Rising Sun would follow. Since 1993 he also travels with some assiduity to the United States, and both countries influence him greatly by themselves and by the masters he meets there, many more than in any of the other numerous countries he visits. Some of this has been echoed by Cinturón Negro through reports with which Herraiz has complemented his stays. "*Like everyone else in his own way.... -pushing clouds away; looking for the Way-, as Funakoshi, one of the founders of Karate, once said. Life is often a sad tango to be danced like a happy pasodoble (this was no longer given by Funakoshi)*" *exclaims Salvador as he laughs loudly before continuing more seriously:* "*I always recommend walking with passion, without obsession, with dedication, sometimes with discouragement, without haste, with illusion, sometimes with disappointment, always with patience and understanding, without dispersion, with friendship.*"

*Herraiz with Jesús Calvo, president of AKIE, the Association of International Karatekas of Spain, Antonio Espinos, WKF president, former champions José Manuel Egea and Jean Pierre Carbila, and the well-known taekwondist Coral Bistuer.*

# Salvador

## 50 years of Martial Art

# Herraiz

# Salvado

Salvador Herraiz has been awarded repeatedly and at different levels throughout his career. Already in 1981 the Provincial Delegation of the Superior Sports Council chose him as the Second Best Provincial Sportsman.

Then came distinctions such as Best Provincial Karateka in 1985, Silver Medal for Sporting Merit in 1998 (awarded by D. José Bono in Toledo), Inter Gym's Gold for Best Dissemination of Martial Art in 2000 and Best Martial Arts Research in 2002 (Parque Ferial Juan Carlos I, Madrid), Medal of Merit in Karate & WKC Medal (presented by President Fritz Wendland and HRH Prince AdanCzartoryski de Borbón in 2001), Hall of Fame 2007 and 2009 (Valencia). In April 2011 the Ministry of Education of Castilla La Mancha awarded his club the Silver Plaque for Sporting Merit for the exemplary activity and merits in so many years of uninterrupted teaching of Karate. As a consequence of a full dedication in January 2012 is a candidate in the city of Las Vegas, in the United States to the Ambassador of Martial Arts Award. In 2018 he received in Cordoba the Golden Star of the Council of Masters of Martial Arts, in Torrelaguna (Madrid) the Plaque of the Spanish Federation of WadoRyu and in Rome (Italy) the awards for Sporting Merit, Shihan and Knight of St. George, awarded by the Academy of the Norman Nobility,.... His organized events range from courses,

*Sensei Herraiz, in Japan, with 10th Dan masters MasahiroNakamoto, Goshi Yamaguchi and MeitetsuYagi.*

# 50 years of Martial Art

# Herraiz

# Salvador

championships (including international), editions, conferences, etc ... to awards galas, leading his dojo to participate in international activities in France, England, Portugal, Holland, Italy, USA and Japan.

senseiHerraiz goes on to explain... "*Personally I believe more in individuals than in groups. In my almost 50 years in Karate I have met people whom I admire enormously and others whom I do not admire at all (although I also respect them). I have met very valid people, for example, within the Karate federation and others who are not at all recommendable in that same group. The same in other groups, associations, styles, etc... In the end what matters is the individual and not the group to which he belongs, although in certain occasions the individual represents the group. That is why I do not believe that any group should be belittled but simply admire its valid members and obviate, those who do not offer credibility.*"

In 2018, after having organized two meetings in the Royal Palace of Madrid of Spanish Karate veterans with His Majesty King Don Juan Carlos, he manages to bring His Majesty to Guadalajara to participate in the Shihan Awards of Honor to National Legends, which he organizes in our city. The Ambassador of Japan and the Mayor of the city also attended. In June of that year, RTVE records in the dojo of Master Herraiz, in Guadalajara, part of the documentary Shasei, the sound of the world, about the internal and

# 50 years of Martial Art

# Herraiz

subtle aspects of different parts of Japanese culture. On this occasion, Master Yosuke Yamashita, 10th Dan, visits the dojo.

In March 2019, after another 10 years as 7th Dan, he receives the diploma of 8th Dan of Karate, awarded by World Karate MartialArtsOrganization, in a ceremony attended by a large group of veterans high grades that include several 6th, 7th, 8th and even 9th Dan, and which has the support of the Embassy of Japan in Spain, with which Herraiz has been collaborating for years. Different important officials of the Embassy, Minister, Consul, etc ... have visited his dojo at some point, because ... "*I have always wanted to develop a traditional Karate understood far beyond a sport, and more as a martial art part of the culture of the country of the Rising Sun. The way of understanding Karate that has been my Way has to do also with the attitude in society and with the intention with which Karate is done; with that courtesy, loyalty, humility, respect and good manners. Karate Do is a Martial ART, and as Leonardo Da Vinci said... "The art is not only the technique, because this is reached through constancy and an act of will, while the art is reached by the approach to inner perfection, that perfection of the soul that has no meters to be measured, nor rational methods to explain it, because it is beyond matter and reason.*"

To his wide diffusion, mentioned at the beginning, through books and articles, we must add different courses and conferences given, as well as a technical DVD of Karate made and since 2020 a series of radio programs on the radio station of the SER chain in Guadalajara about Japanese culture in general and including various topics of martial arts as well, and which are subsequently included in the Argentine platform "Mokuso". As Salvador himself recognizes... "*this long time in Karate has not only been years passing, but very dynamic years of dedication and devotion to the practice,*

**"The art is not only the technique, because this is reached through constancy and by an act of will, while the art is reached by the approach to inner perfection."**

# Salvador

## 50 years of Martial Art

# Herraiz

KAMIKAZE
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# Salvador

*teaching and dissemination of the intricacies of a deep Karate. Years very traveled and very worked...with great pleasure".*

There are many hundreds of students who in the 40 years of life of his dojo have passed through his tatami, of which 60 have obtained the Black Belt and different Dan of Traditional Karate. *"It has been 50 years trying to think, say and act... in coherence. Master Mabuni said: "On my way to the island of Budo... I amuse myself by rowing". And that's what I do! Thanks to all those who have understood this and who in spirit accompany me in this so important event for me. What a good feeling to have given much more than I have received. Thank you life. Retired but without losing spirit, technical clarity, more selected contacts? I continue and will continue to be linked to part of the world of Karate with an imperturbable spirit at a time when the martial art and some of its people are going in a different direction, although respectable, to what I would like. Tired of the egos, envy and power games that are so prevalent today in all areas and at all levels. It is true that in my last years I have had to change my little box for disappointments for a bigger one, but I suppose that I have also disappointed others and I am sorry for that. C'est la vie as the French say. Incomprehension, envy, lack of dialogue, and other evils are not lacking in Budo and in a life itself sometimes turned into a sad tango to be danced like a happy pasodoble. But my intention has always been to think, say and act... in coherence. Also, by the Law of Life, the "old" masters that represented what I was so attracted to, have been dying. Everything has an influence. Now I am about to celebrate my 50 years of Karate in a new and different stage of my life, in which, as Master Mabuni said -I am heading to the island of Budo... I am enjoying rowing-. Of course, with gratitude to all those who at some point have accompanied me on this long journey."*

From Budo International we join in the celebration.

**"It has been 50 years of trying to think, say and act... in coherence."**

**"It is true that in my last years I have had to change my little box for disappointments for a bigger one, but I suppose that I have also disappointed others and I am sorry for that."**

# 50 years of Martial Art
# Herraiz

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It opens its doors to the following activities:

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**Kaze no Ryu Ogawa Ha Bugei**
**Kaze no Ryu Ogawa Ha Spain-Valencia Headquarters**

**YouTube Oficial Chanel:**
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**WhatsApp: 682053583**

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Opens its doors to the following activities:

**Traditional Japanese Martial Arts,
handicrafts, meditation, e-bunto classes,
bugei, Yugoe...**

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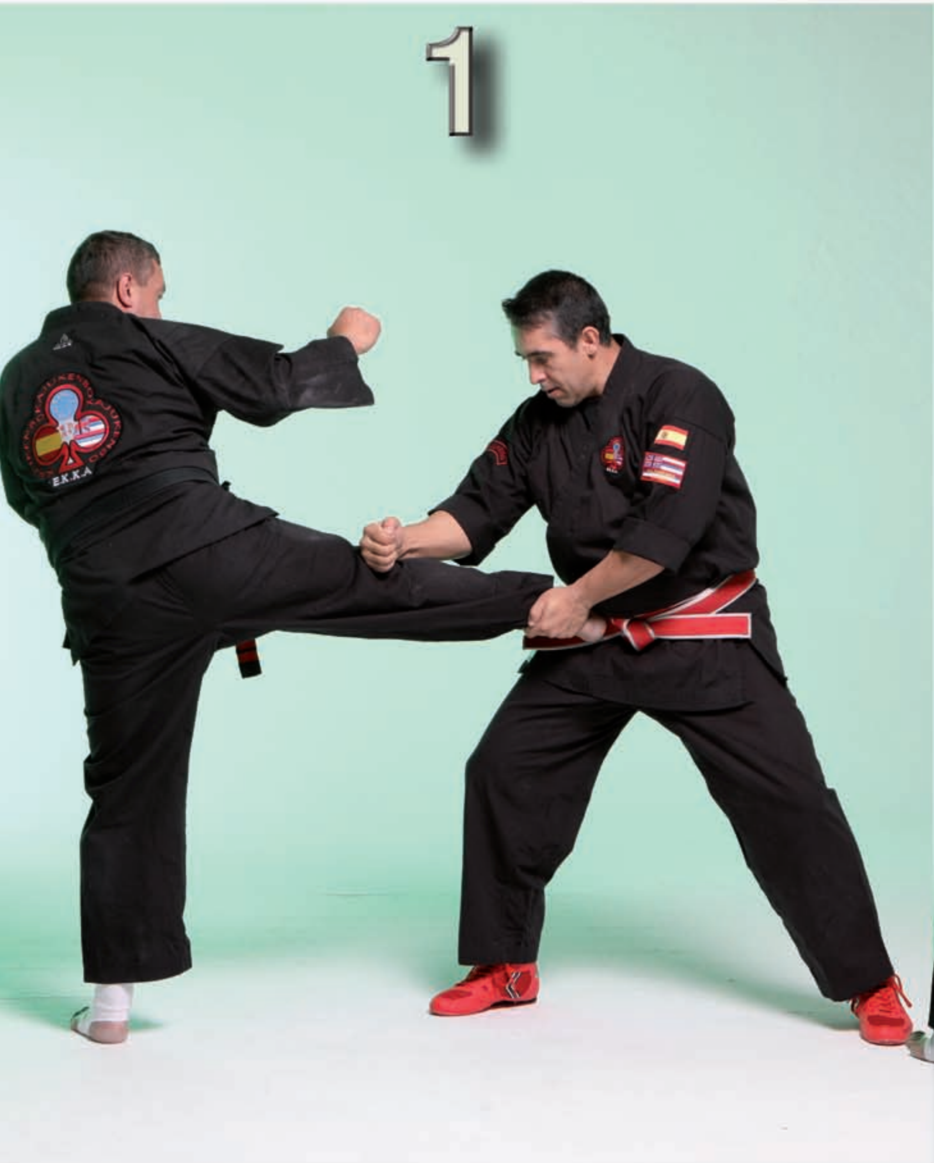
# The Shizen Tradition Kaze no Ryu Bugei

## Augusto

# GM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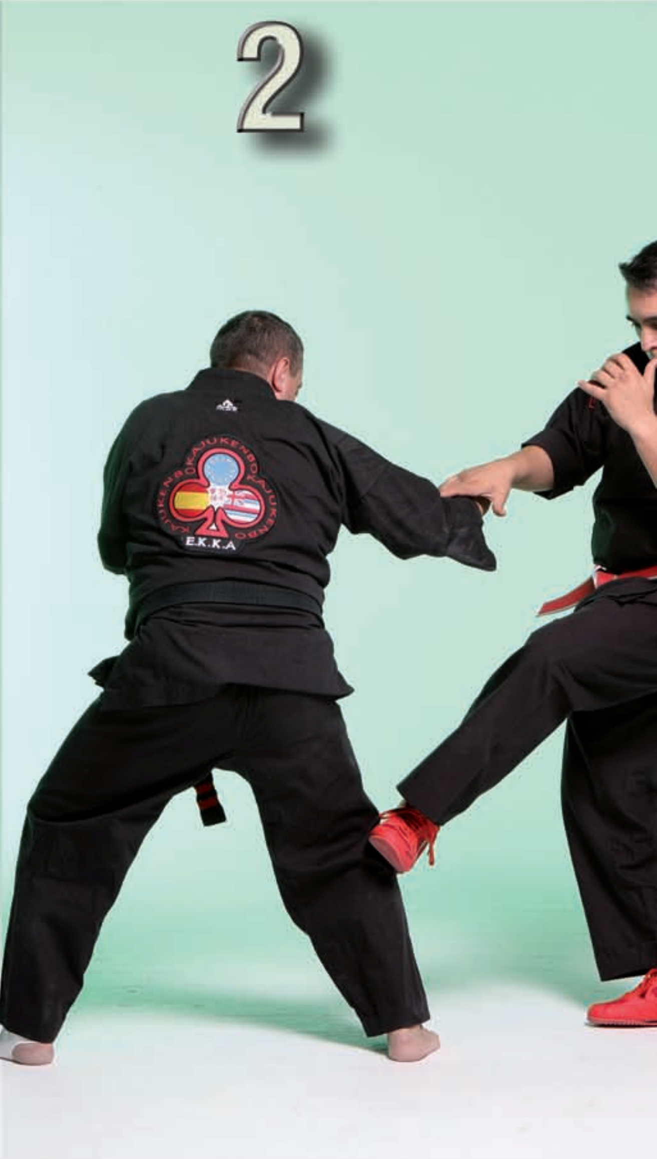
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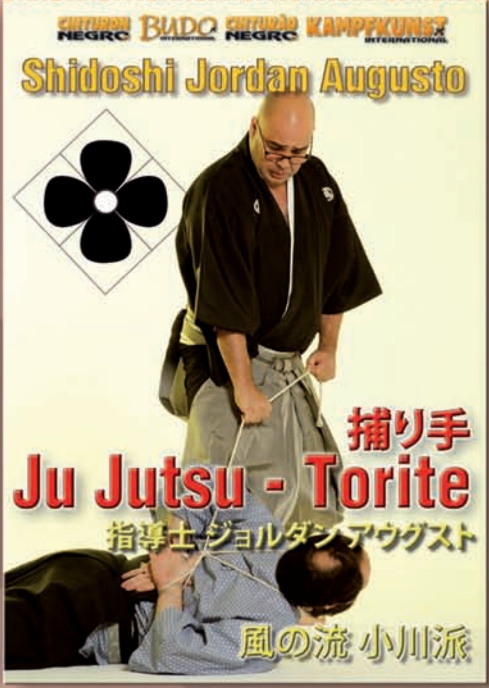
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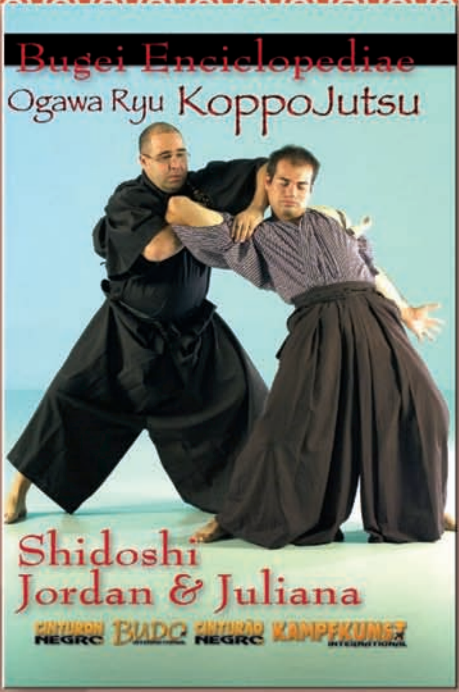
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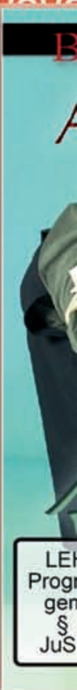

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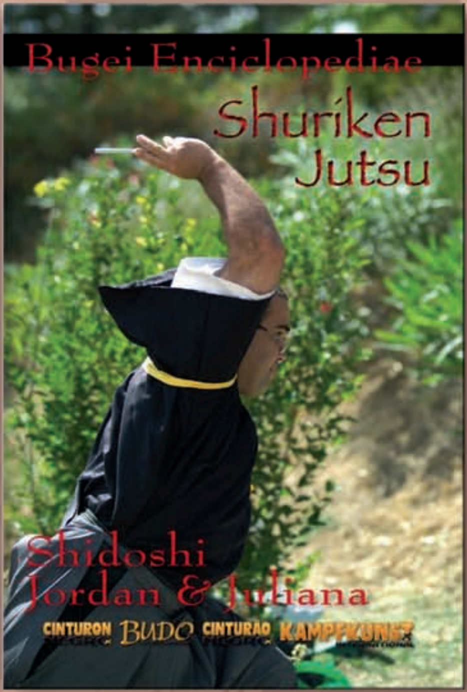
Shidoshi Jordan Augusto & Students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# Shidoshi Jor

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# SGM Dr. Joo GM Taejoon

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## World Hwa Rang Do® Association
## 63rd Annual Event

### *"The Hwarang Spirit"*
### *By Master Marco Mattiucci*

**This year's 63rd World Hwa Rang Do® Annual Event held profound personal significance, revolving around the theme of the regeneration and preservation of the indomitable Hwa Rang Spirit.**

**As I embarked on this transformative journey from Italy to Luxembourg, a multitude of thoughts and emotions swirled within me. The weight of responsibilities, both at work and home, pressed upon my shoulders, interwoven with the anticipation of the daunting 5th dan Black Sash test—an honor held by only a handful of individuals worldwide. Each responsibility represented a distinct thread in the tapestry of my life.**

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Setting forth into the unknown, I encountered a tempestuous sea of emotions—a potent blend of hope, fear, and anticipation. This moment marked a pivotal crossroads where the path diverged into uncharted territories, promising profound transformation and self-realization.

In the face of these overwhelming concerns, my instinct was to confront each challenge individually, a familiar approach in my life's journey. The sensation of bearing an immense burden was all too familiar, not limited to this situation alone. However, this wasn't my inaugural Hwa Rang Do® Annual Event; I understood the expectations and challenges that awaited. I recognized that I would be tested on every front, confronting my vulnerabilities head-on.

The week spent in the esteemed company of Kuk Sa Nim Taejoon Lee and his father, the revered Hwa Rang Do® Founder, Do Joo Nim Supreme Grand Master Dr. Joo Bang Lee, illuminated the path of honesty. Their profound insight penetrated not only spoken words but also the unspoken depths of our beings. Despite knowing that I could have been better prepared in various aspects—readying for my test, refining my judgment during the competition, intensifying my training, and enhancing my physical

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conditioning—the unchanging truth was that I was precisely where I was, no more and no less. In that moment, acceptance of my less-than-ideal state became paramount, preparing me for the ensuing challenges.

The first open seminar day emerged as a transformative experience. Witnessing the grace and dynamism of Kuk Sa Nim, coupled with the profound teachings of Do Joo Nim, filled the air with an indomitable energy. Their presence alone served as an inspiration, akin to being in the presence of living legends.

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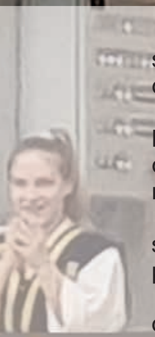

Observing them in action, I couldn't help but be profoundly moved. Their mastery of the art was not just a display of skill; it was a powerful reminder of the boundless potential within us all. Their teachings transcended the physical realm, delving into the very essence of martial philosophy and life itself.

During these moments of immersion in their wisdom and prowess, a significant portion of the burdens I had carried began to dissipate. Their guidance, coupled with the camaraderie of fellow practitioners, infused me with newfound determination and a sense of purpose. It became evident that, even in my less-than-ideal state, I was part of something much greater—a community bound by a shared pursuit of excellence and self-discovery.

The first day of the open seminars marked a turning point in my journey, not only as a martial artist but as an individual seeking to unlock my potential. It was a day when the weight of my insecurities gave way to the uplifting spirit of possibility, all thanks to the luminous presence of Kuk Sa Nim and Do Joo Nim.

Throughout the two-day championships, I devoted myself wholeheartedly to the cause. I immersed myself in every conceivable task, striving to contribute in every way within my capacity. The collective performance of the Tae Soo Do and Hwa Rang Do students was remarkable, and I held a deep desire to be an integral part of our team, especially during the exhilarating team competitions.

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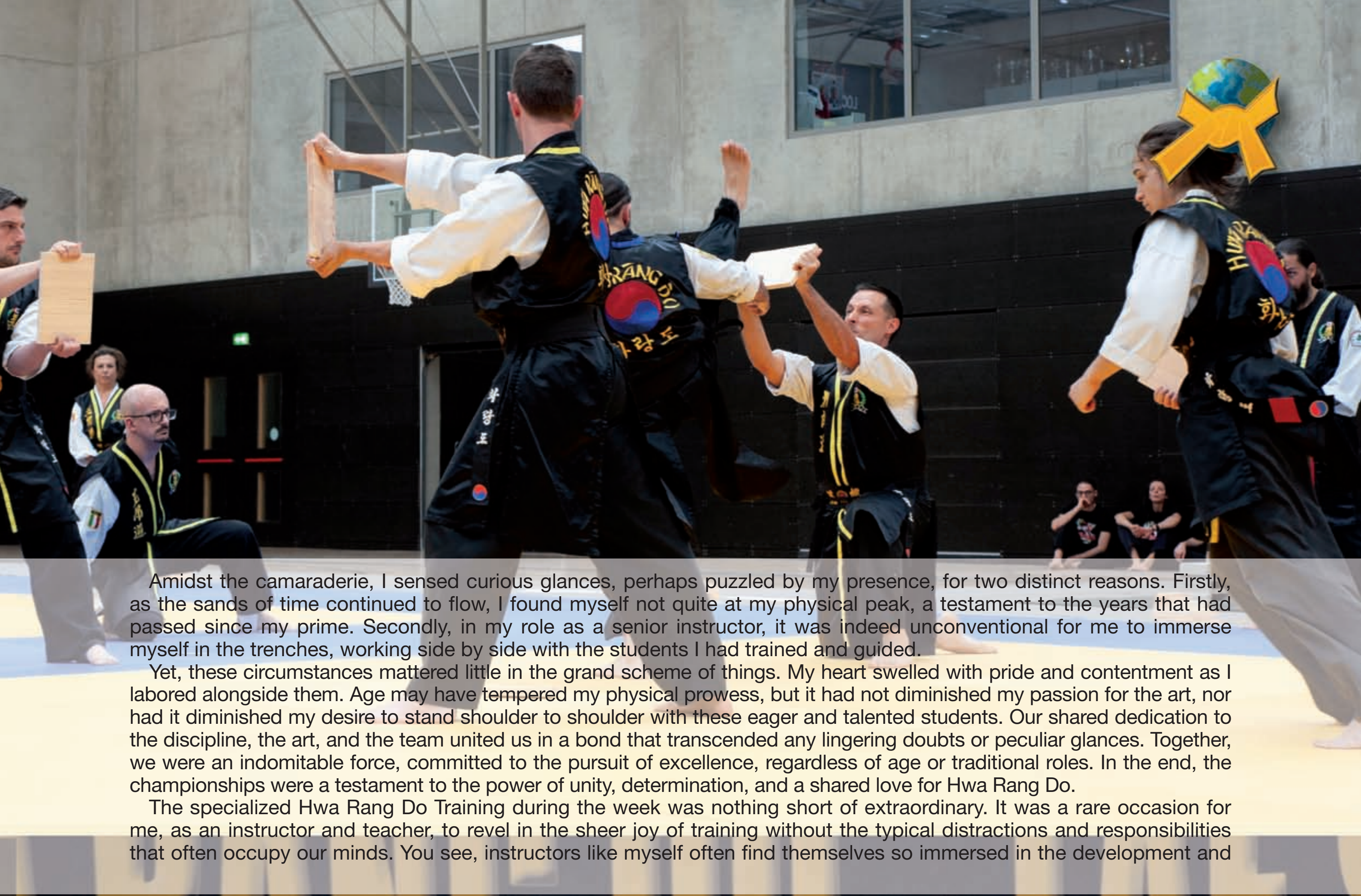

Amidst the camaraderie, I sensed curious glances, perhaps puzzled by my presence, for two distinct reasons. Firstly, as the sands of time continued to flow, I found myself not quite at my physical peak, a testament to the years that had passed since my prime. Secondly, in my role as a senior instructor, it was indeed unconventional for me to immerse myself in the trenches, working side by side with the students I had trained and guided.

Yet, these circumstances mattered little in the grand scheme of things. My heart swelled with pride and contentment as I labored alongside them. Age may have tempered my physical prowess, but it had not diminished my passion for the art, nor had it diminished my desire to stand shoulder to shoulder with these eager and talented students. Our shared dedication to the discipline, the art, and the team united us in a bond that transcended any lingering doubts or peculiar glances. Together, we were an indomitable force, committed to the pursuit of excellence, regardless of age or traditional roles. In the end, the championships were a testament to the power of unity, determination, and a shared love for Hwa Rang Do.

The specialized Hwa Rang Do Training during the week was nothing short of extraordinary. It was a rare occasion for me, as an instructor and teacher, to revel in the sheer joy of training without the typical distractions and responsibilities that often occupy our minds. You see, instructors like myself often find themselves so immersed in the development and

RANG DO - TAE
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Lee

progress of our students that we inadvertently put our own training on the back burner. The weight of accountability to our students and the art itself can sometimes stifle our own personal enjoyment of the training process.

However, during this special week, I discovered a renewed sense of enthusiasm and liberation. It was as if the shackles of constant mentorship had temporarily loosened, allowing me to immerse myself fully in the training, just as I did in the earlier stages of my martial arts journey. The opportunity to focus on my own growth, refine my techniques, and explore new horizons within the art was invigorating.

The camaraderie among fellow practitioners further enhanced the experience. We all shared a common understanding of the dual roles we played as both instructors and dedicated learners. This mutual recognition fostered a supportive and

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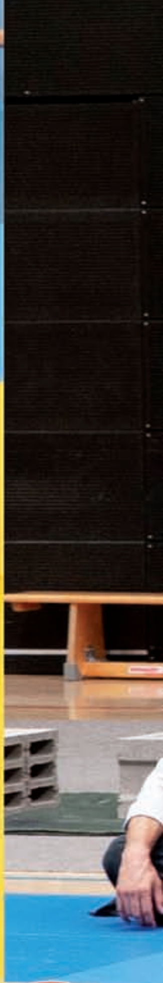

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encouraging environment where we could push our boundaries, explore our potential, and reignite the flames of passion for Hwa Rang Do.

As the days unfolded, I realized that the week of specialized training was not just about personal development; it was a reminder of the enduring vitality of the martial arts journey. It showcased the notion that, as instructors and masters, we too must continue evolving, honing our skills, and finding delight in the art that has shaped our lives.

In the end, this unique week of training served as a profound testament to the importance of self-nurturing, even for those who guide others along the path of martial arts. It underscored the idea that,

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in order to lead and inspire, we must first be inspired by our own journey, and this experience reignited that spark within me.

Saturday marked the culmination of my journey during the event, presenting me with the most formidable challenge of all—the Black Sash test for the coveted 5th dan, Master Rank. After dedicating nearly seven years to honing the techniques and forms of the 4th dan, this momentous occasion had finally arrived. I had performed these forms and techniques countless times, yet I carried the knowledge that there was always room for improvement, a sense of constant evolution ingrained in our Hwa Rang Do philosophy.

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As Hwarangdoists, we steadfastly pursue perfection, even though we recognize the inherent truth that perfection remains an elusive ideal for mere mortals. This paradox lends an air of frustration, for we continually strive for an unattainable pinnacle. Thus, this in essence is the foundation of the Hwarang Way of Life. However, our passionate desires and the stark reality must find equilibrium, so that we may rediscover inner peace and solace, thereby rekindling our resolve to press onward.

The black sash test for the 5th dan served as a crucible, testing not only my physical prowess but also the resilience of my spirit. It was a reminder that, in our quest for perfection, we must also embrace our imperfections, for they are the steppingstones toward growth and refinement. The journey is as vital as the destination, and this test marked another pivotal chapter in the ongoing saga of self-discovery.

Throughout the test, I was acutely aware of every movement, every breath, and every thought. The burden of expectations weighed heavily upon me, but it was a burden I willingly bore, for it was a testament to my unwavering commitment to the art of Hwa Rang Do. I knew that even though perfection might elude me, the pursuit of excellence was its own reward.

As I navigated the intricate forms and executed the demanding techniques, I channeled the wisdom imparted by my teachers Do Joo Nim and Kuk Sa Nim. It was a testament to their guidance and my dedication that I stood there, facing my own limitations with determination and humility. It was a reminder that, while the path to perfection may be winding and arduous, it is the journey itself that defines us as martial artists and as individuals.

In the end, the black sash test was not merely a culmination but a new beginning for further growth, discovery, and the ongoing pursuit of the unattainable perfection that lies at the heart of our Hwa Rang Do Way of Life. It was a day when desires and reality converged, and I emerged with renewed purpose, ready to continue my martial arts journey with unwavering dedication and a deep sense of inner peace and joy.

# Lee

The written test, a cerebral precursor to the grueling practical examination, became a cherished phase of my preparation. It provided a unique opportunity to delve deep into the nuances of Hwa Rang Do, an indulgence in intellectual exploration that fortified my understanding and steeled my resolve. It was during this phase that I honed my knowledge, embracing the art's profound history, philosophy, and technique with intense concentration. The written test served as both a teacher and a crucible, fortifying my mind and spirit for the formidable trials ahead.

As the practical exam began, I was once again reminded of the rare, unique opportunity that I was embarking upon as there are only a handful of people possessing the prestigious 5th dan Hwa Rang Do Master rank across the globe. The weight of this momentous occasion bore down upon me, igniting a fierce determination within. I made a solemn pact with myself: I would give every ounce of my being, leaving everything on the mat. This, I knew, was an unparalleled opportunity, a chance to etch my name in Hwa Rang Do History.

In a curious state of calm and inner satisfaction, I entered the practical test arena, driven by an unyielding will to confront the challenges ahead. With enduring determination, I executed the techniques and forms, each movement imbued with the essence of my lifelong commitment to the art. It was a test of not just physical prowess but of spirit and character.

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Just after the culmination of the final techniques, my body began to protest vehemently. It rebelled against the strenuous demands I had placed upon it throughout the rigorous test. It was in this pivotal moment that I faced a defining choice: to persist in the face of physical exhaustion or to relent.

But my Hwarang spirit, unyielding and resolute, refused to waver. I knew that no matter the adversity, I would persevere, even if it meant pushing my limits to the brink, even if it meant confronting life and death on the hallowed training floor.

With single-minded resolve, I confided in Kuk Sa Nim and Do Joo Nim, laying bare the unfolding crisis within my body. I beseeched them to grant me the opportunity to continue, for I could not tolerate surrendering the test or the warrior's spirit that had brought me to this point. Their concern was palpable, their worry evident, yet they agreed to let me press on.

In that moment, a profound sense of freedom coursed through my veins. It was the freedom to choose to fight, to pour my heart and soul into the battle, regardless of the peril that lay ahead. It was a testament to the essence of the 4th Hwarang creed “Im Jeon Mu Twae” – “courage never to retreat in the face of the enemy”, live or die, never quit, give your best! These words reverberated within me, a relentless mantra that fueled my every move.

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My fellow black sashes and students, their faces etched with concern, rallied around me, offering water and sustenance, their hearts heavy with worry. They knew, as did I, that I would not relent until my last breath had been expended in pursuit of my goal.

The test eventually drew to a close, and I emerged triumphant, having achieved the coveted 5th dan not just for myself but as a servant to my students and the global Hwa Rang Do community. It was a moment of profound humility, a recognition of the responsibility that came with this honor.

During the poignant black sash ceremony that night, my thoughts returned to the test. I had encountered dangerous situations and willingly taken risks, yet the notion of surrender or retreat had never crossed my mind. It was an idea I held dear—the embodiment of what it meant to be a warrior, to embrace the warrior's ethos with unshakable devotion.

First and foremost, I offer my sincere gratitude to God for granting me this chance to battle, to learn, and to grow through adversity. This journey had been a wellspring of invaluable lessons, and I emerged from it stronger, forged in the crucible of trials and tribulations.

I extend my heartfelt thanks to Do Joo Nim and Kuk Sa Nim for their enduring patience with my stubbornness, for

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allowing me to push beyond my perceived limits, and for imparting invaluable wisdom.

Lastly, I express my deep appreciation for all the Hwa Rang Do students who selflessly dedicated themselves to the success of this remarkable event, with a special acknowledgment to the indomitable Hwa Rang Do Luxembourg students—always ready, always available, always strong.

In conclusion, the resounding mantra "Live or die, give it all! Do your best! Always!!!" resonates as a testament to the unwavering Hwarang spirit that guided me throughout this incredible journey—a spirit that will continue to define me as a martial artist, a warrior, a Hwarang, forever.

Hwarang forever and God bless!

***Marco Mattiucci***

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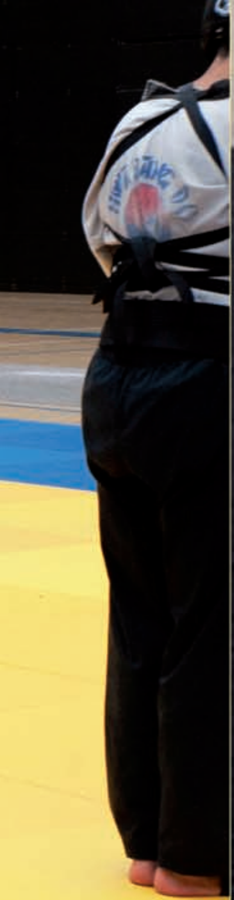

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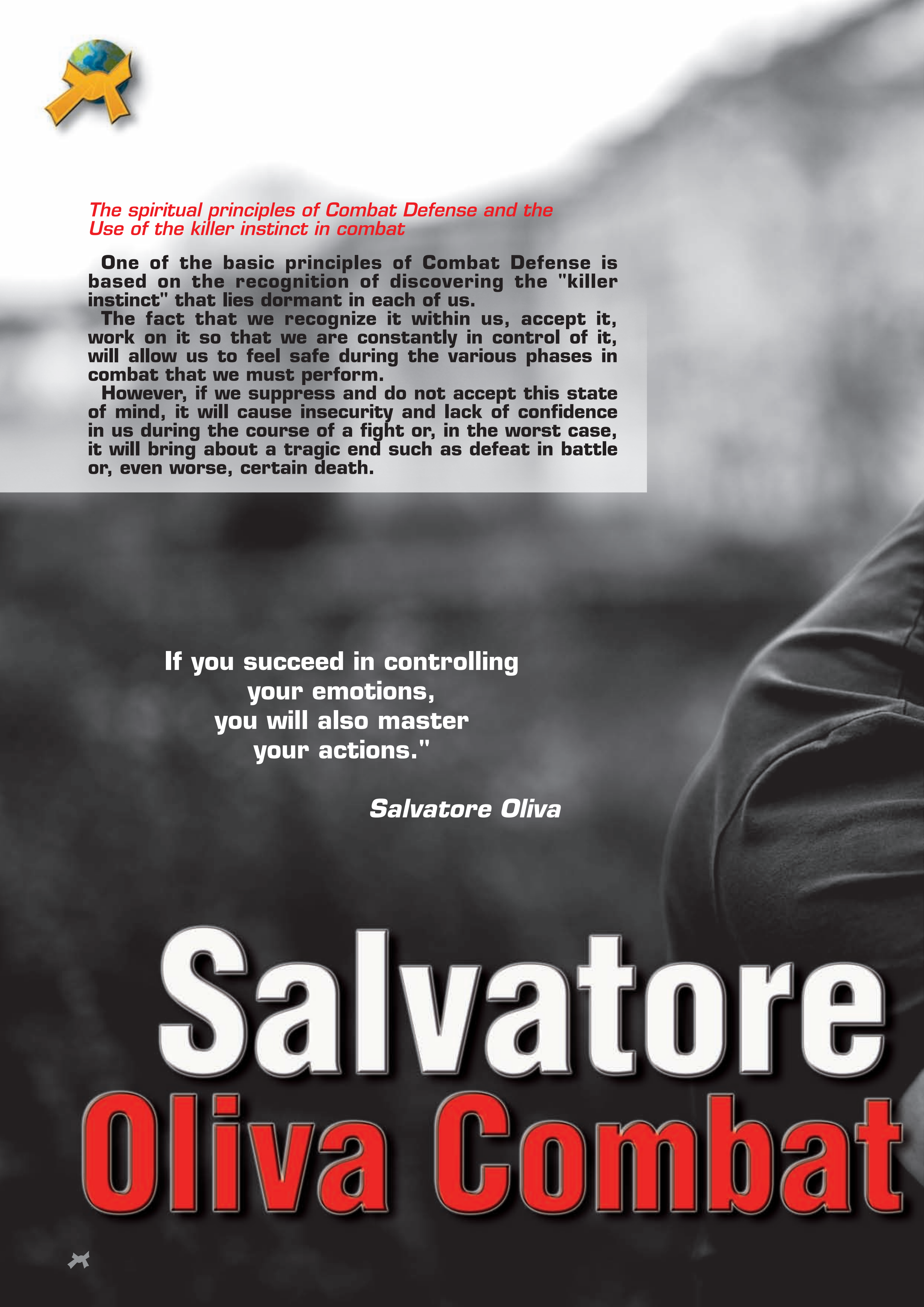

# Salvatore Oliva Combat

## *The spiritual principles of Combat Defense and the Use of the killer instinct in combat*

**One of the basic principles of Combat Defense is based on the recognition of discovering the "killer instinct" that lies dormant in each of us.**

**The fact that we recognize it within us, accept it, work on it so that we are constantly in control of it, will allow us to feel safe during the various phases in combat that we must perform.**

**However, if we suppress and do not accept this state of mind, it will cause insecurity and lack of confidence in us during the course of a fight or, in the worst case, it will bring about a tragic end such as defeat in battle or, even worse, certain death.**

> **If you succeed in controlling your emotions, you will also master your actions."**
>
> ***Salvatore Oliva***

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The basis for the success of a fighter is that he knows himself completely inside, that he perceives his fears and develops strategies to keep a clear mind at all times and consequently to fight in the best possible way. It is therefore important that the fighter knows how to behave in combat when facing a physically stronger or more experienced opponent, be it with a short or long distance. One must know himself well in order to defeat the opponent.

Only when he has acquired all this knowledge, the fighter will be able to use the killer instinct correctly, i.e. the "most significant characteristic for my teacher Paul Vunak and also for myself".

This instinct is neither right nor wrong: it simply exists. Everything depends on how you develop it and how you use it. (The way you use it contributes more or less to its development).

"If you succeed in mastering your emotions, you will also master your actions."

In any confrontation, the fighter will have the ability and must be able to analyze his opponent, determine in what frame he will fight. Then he will know whether he will use this or that way of fighting or not.

The OLIVA Combat System must be able to put every fighter in such a clear state of mind, so that his safety is guaranteed, he succeeds in the fight in composing his exchange of blows and then decides whether to use the killer instinct or not.

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A striking example of this can be found in Bruce Lee's films. At great distances, Bruce Lee always adopted a detached attitude towards the opponent, watching and studying him closely. At the same time, he was always in motion to destabilize his opponent. His face sometimes even showed an uninvolved expression towards the processes he was experiencing.

But in fights with short intervals, his gaze became more intense. His physical gestures now revealed more whether he was ready to attack or counterattack, and at that moment his killer instinct became visible - his opponent was now unsettled; now he could use all the techniques and characteristics of Jeet Kune Do (blows with the head, knees and a succession of punches), not giving his opponent the slightest chance.

However, fundamentally important is also the ability (as Bruce Lee possessed) to turn on the killer instinct, or to be able to turn it off when the situation does not require such a mindset.

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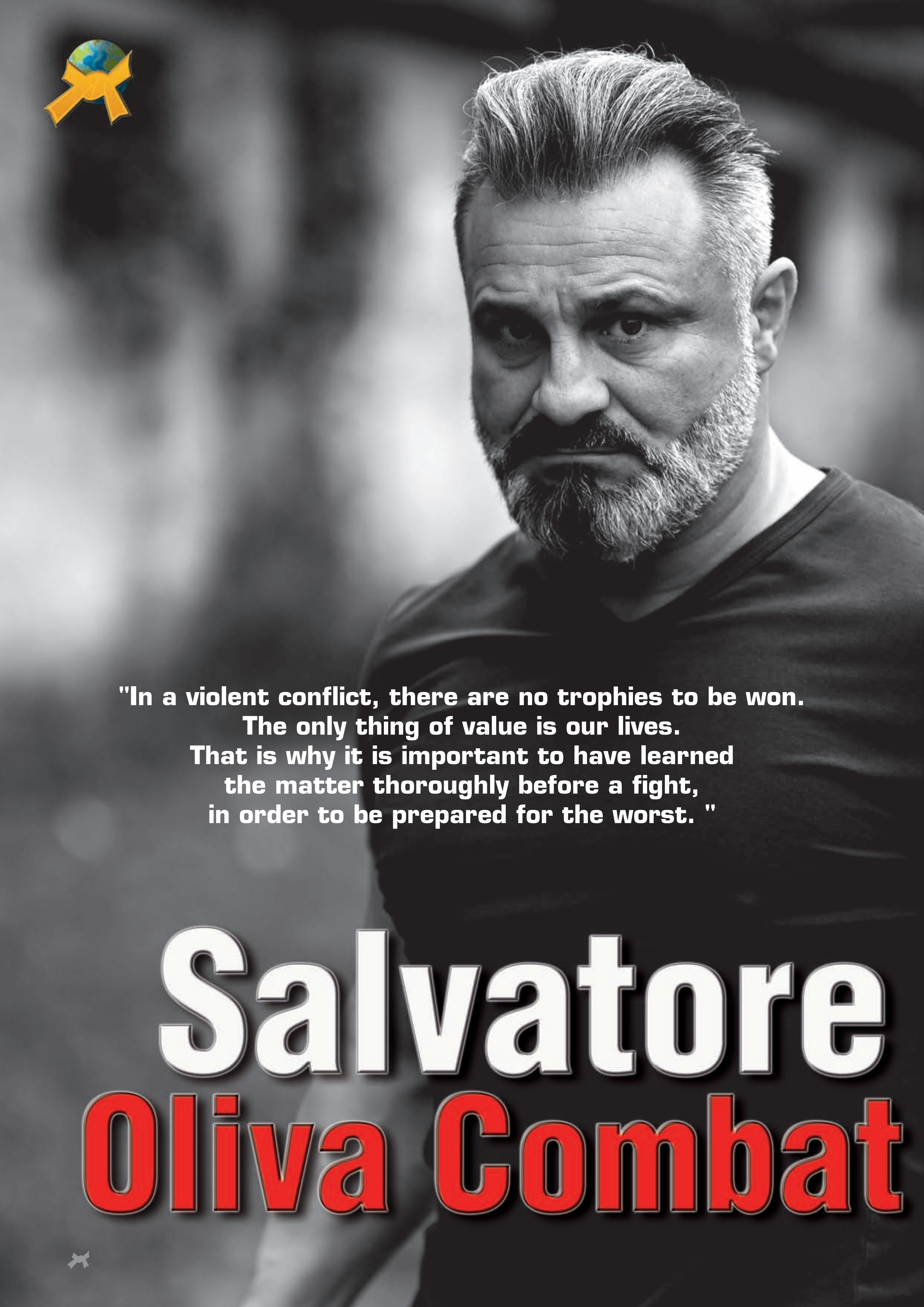

"In a violent conflict, there are no trophies to be won.
The only thing of value is our lives.
That is why it is important to have learned
the matter thoroughly before a fight,
in order to be prepared for the worst. "

# Salvatore Oliva Combat

## The killer instinct

The higher levels of martial arts go far beyond the technical level. One does not call someone "master" because he is excellent in the technique, because this is not an end in itself. It is a mere means to another end.

The goal of martial arts for a "master" is primarily to master his mind after hard work of training, having attained a perfect knowledge and mastery of the characteristics repeatedly mentioned in this book.

For a fighter, the mind is not only concentrated energy, because this allows him - thanks to the mental state that each fighter passes through - to determine the reaction and therefore the outcome of the fight.

In fact, research conducted worldwide has shown that 90% of the outcome of a fight is determined by the particular state of mind of the fighter.

Basically, the mind brings us to power. That is why Jeet Kune Do is an art that is constantly evolving. Its principles and concepts are practically interchangeable.

Thus, we can incorporate JKD and Kali into our more traditional practices. This is what Dan Inosanto and Paul Vunak, among others, have done.

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From one structure to another, of course, you have to adapt to the changes and the different mentalities. The fact that you can adapt and change the way you fight when you fight with an opponent who uses a different structure basically allows us to face a bigger and stronger opponent. For example, we go from kicking and boxing to Tai Chi with the intention of throwing the opponent off balance, putting him in a bad position, which then allows us to use head and knee strikes, techniques that we find in Kali.

Through this example, I want to show you that you have changed the mind and the structure of the fight four times. This development in martial arts begins on a physical level and then gradually moves to a mental/emotional level, where you can move from one mental attitude to another in combat. The following stage is then internalization, which allows you to use your mutability, which then allows you to constantly adapt to different situations in everyday life.

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## Combat reality vs. the training

First, I would like to add that the variation and possibilities, as well as the combat situations, are infinite. One can fight on the ground, unarmed or with a weapon. One can fight standing with or without weapon, attacking with one or more. So the master must distinguish between reality and training during training and fighting. The movements must always be fluid and free from that prescribed program or system. Through the two concepts, the adaptability to unexpected combat situations is extremely required. After that, different results will automatically result, such as control over the opponent. Especially those who are very good at taking blows and whose pain threshold is above the usual level can be controlled. Secondly, the recognition of the four training rules is enormously important and these are namely:

### 1. evaluate 2. repeat 3. understand 4. patience.

Evaluate. The evaluation is independent of the different fighting systems or martial arts. First, one's limits and knowledge must be recognized and evaluated. Then the various mistakes can be analyzed.

Repeating. Repeating is something that many people do not understand. Students or instructors know this word as a limited word. The key to perfection is repeating. Because this is the only way to overtake fear and gain courage.

Understanding. Understanding the technique is fundamental, because if you don't understand the technique, you can't translate it into a fight. So by understanding the technique, you can learn it perfectly.

Patience. Patience is necessary to learn and transmit the technique well. The four rules will make you very good students, then masters and warriors at the same time.

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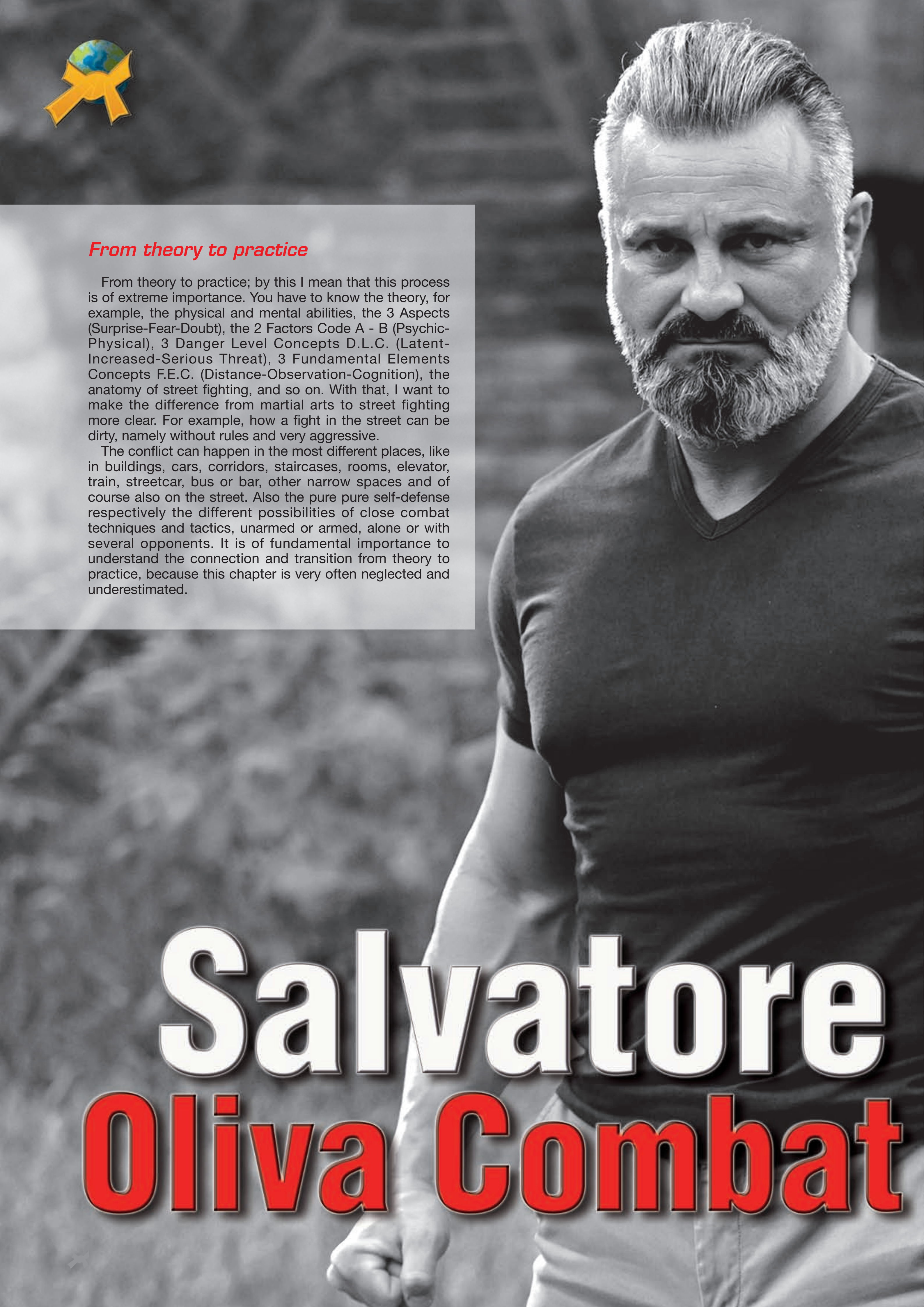

## *From theory to practice*

From theory to practice; by this I mean that this process is of extreme importance. You have to know the theory, for example, the physical and mental abilities, the 3 Aspects (Surprise-Fear-Doubt), the 2 Factors Code A - B (Psychic-Physical), 3 Danger Level Concepts D.L.C. (Latent-Increased-Serious Threat), 3 Fundamental Elements Concepts F.E.C. (Distance-Observation-Cognition), the anatomy of street fighting, and so on. With that, I want to make the difference from martial arts to street fighting more clear. For example, how a fight in the street can be dirty, namely without rules and very aggressive.

The conflict can happen in the most different places, like in buildings, cars, corridors, staircases, rooms, elevator, train, streetcar, bus or bar, other narrow spaces and of course also on the street. Also the pure pure self-defense respectively the different possibilities of close combat techniques and tactics, unarmed or armed, alone or with several opponents. It is of fundamental importance to understand the connection and transition from theory to practice, because this chapter is very often neglected and underestimated.

"The goal is survival.
So be direct,
make the attack with
vigor and be as
effective as possible."
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# Oliva Combat System 1

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# Karate Kata 型

## Juscelino Frazão

*Kata 型 the treasure of karate*

**Kata 型 treasure of karate Karate or Karate (空手道 ) karate-dô as it is known, is a martial art from the East, more precisely from Japan. It had a great Chinese influence in its creation and is undoubtedly one of the most practiced martial arts in the world. Its origin, like that of other martial arts, is impossible to pinpoint the exact moment of its emergence, At most we can conjecture based on the sociocultural environment in which it developed, tracing a line of some of the most important and credible events.**

To speak of the art of empty hands (karate-dô) is to speak of a time when the people of Japan needed to defend themselves and, at the time, many were unable to have weapons for protection, and for this reason the tool used was martial arts, which at one point were also not allowed to be used for martial training, because of the ban. Kata (型 form) One way in which this training was practiced was through kata, a form of training for attacks, defenses, dodges, jumps, twists, punches and kicks, which were practiced in this coordinated system where lay people who had no knowledge of the art and especially of what those movements (kata) were, The use of kata in martial arts, and here we are talking about karate, was extremely important in the past for practicing the martial art in times when its use and training were prohibited, and to this day its importance is linked to the preservation of the art and also of ancient methods that were developed by great and notable masters who put into the training system, advanced methods of martial techniques that can be practiced by individuals of all ages, sizes and weights individually and without the need for a partner to practice, the benefits of kata are innumerable, such as training displacements, rotation, kicks and punches with them speeds, expansion and muscle contraction, not to mention the agility, motor coordination of the practitioner.

Over the years karate has grown and various styles such as Shotokan, Goju Ryu, Shito Ryu and many others have various katas in their schools, many with the same

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空手
空手道

name and with some differences in the way they are performed, such as: height of their postures, low and high, and also in their way of executing with great speed and others with low speed and greater contraction using breathing in their execution, so that the kata could be practiced today in our schools today, they have undergone some modifications and adaptations due to their great complexities, masters like Funakoshi and others were of extreme help so that today the katas practiced by us, in our schools was possible, because due to the complication of execution and learning in the same by its complexities, these masters made adjustments to katas such as Kushanku ( 公相君 ) and today known as Kanku Dai is the 1st kata of the "Kanku" series, its meaning is Contemplating Heaven which is a kata practiced in the shotokan school and by many other schools with different modes of execution, and which received modification to adapt to the practice of the time and which until today continues to be taught with the modification made by Funakoshi Sensei in the shotokan school.

Nowadays, kata is still widely practiced in all schools, but it is used prominently in competitions all over the world, where athletes perform individually and in teams, putting on shows for spectators all over the world, with performances of pure speed and precise movements of great skill.

The practice of kata in competitions is regulated and guided by arbitration commissions in their various federations, national and international confederations.

Rules have been adopted for judging competitions and also for the public to have an idea of how to evaluate competitors and the kata they perform. Kata had an objective in its creation years ago and today it has its objective for the present day, remembering that today we still have schools that are traditional, such as the okinawa schools, which maintain not only the originality of the practice as a whole, but also the tradition transmitted with it in its teachings transmitted to the students of these entities.

May the practice of kata always be taught in our Dojô as a way of perpetuating the teachings of karate and maintaining its original form, in order to preserve the traditionality of our martial arts.

***By Juscelino Frazão***
***Martial Artist / 4th Dan Karate Instructor***
***Author and Writer***

# Karate Kata 型
# Juscelino Frazão

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Bussolengo - Italy
November 11 - 12,2023
Contact: honbu@kobudo.it
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# Nova Scrimia

## Scherma col bastone da passeggio

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Esgrima de Bastón de paseo
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*More than a century ago, in our cities, men of different social classes still resorted to sword and saber duels to settle their disputes and in the streets one could meet thugs and muggers ready to use a knife. Times when it was common for a gentleman to leave the house with his cane, often animated, i.e. equipped with a hidden blade. Starting from the treatise of Master G. Martinelli (1908) "Trattato di scherma con bastone da passeggio" interpreted and integrated according to the methodology of the Nova Scrimia, masters Chiaramonte, Galvani, Girlanda and Proietti present a complete work on the use of the cane, which even today can be extremely valid and effective. For cane fencing, Martinelli draws inspiration from the Italian school of saber, with a classical approach, as well as boxing as a means of self-defense: guard, strikes, parries, feints, spinning and circling steps, jumps, strong blows to the hand, arm, groin and terrifying jabs to the face. The stick placed in good hands is as good as a saber. Of course, it does not cut or pierce, it does not kill, but it brings to reason and, if necessary, brings even the fiercest offender to his knees.*

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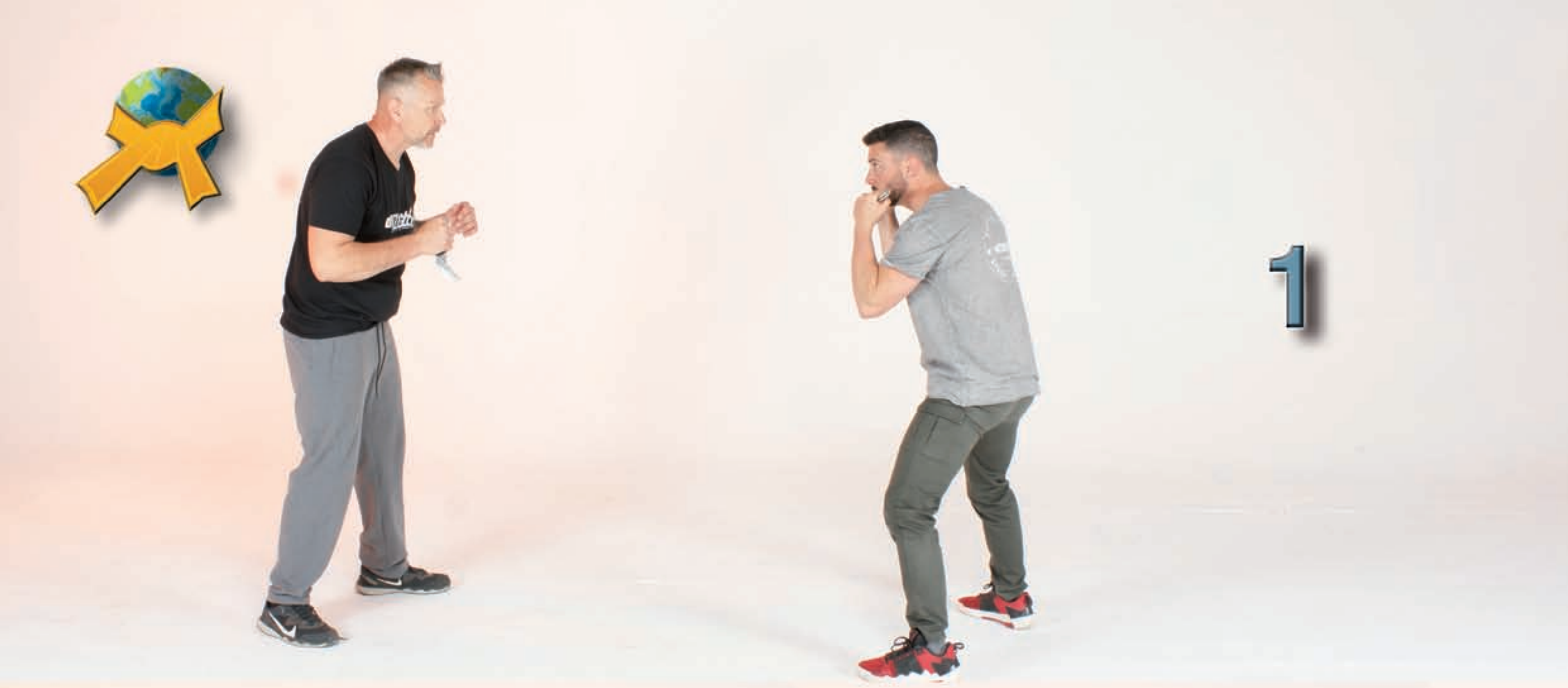

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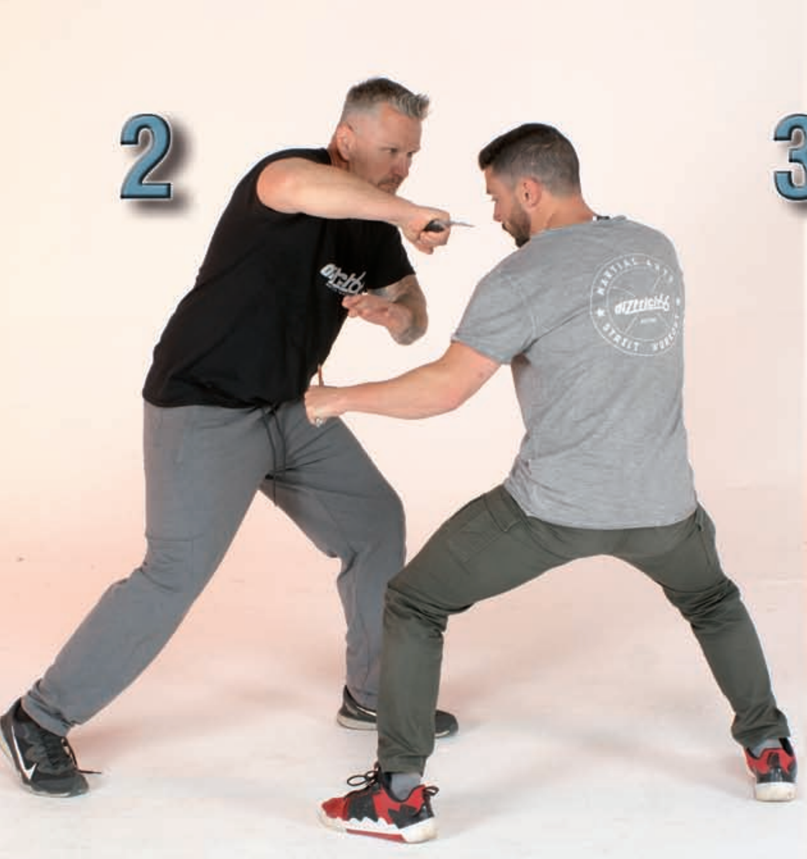

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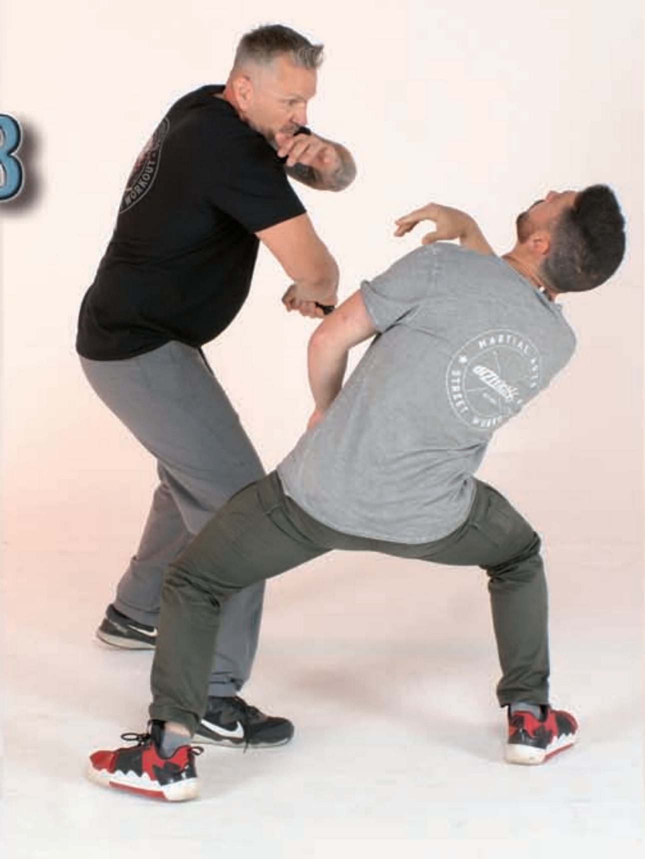

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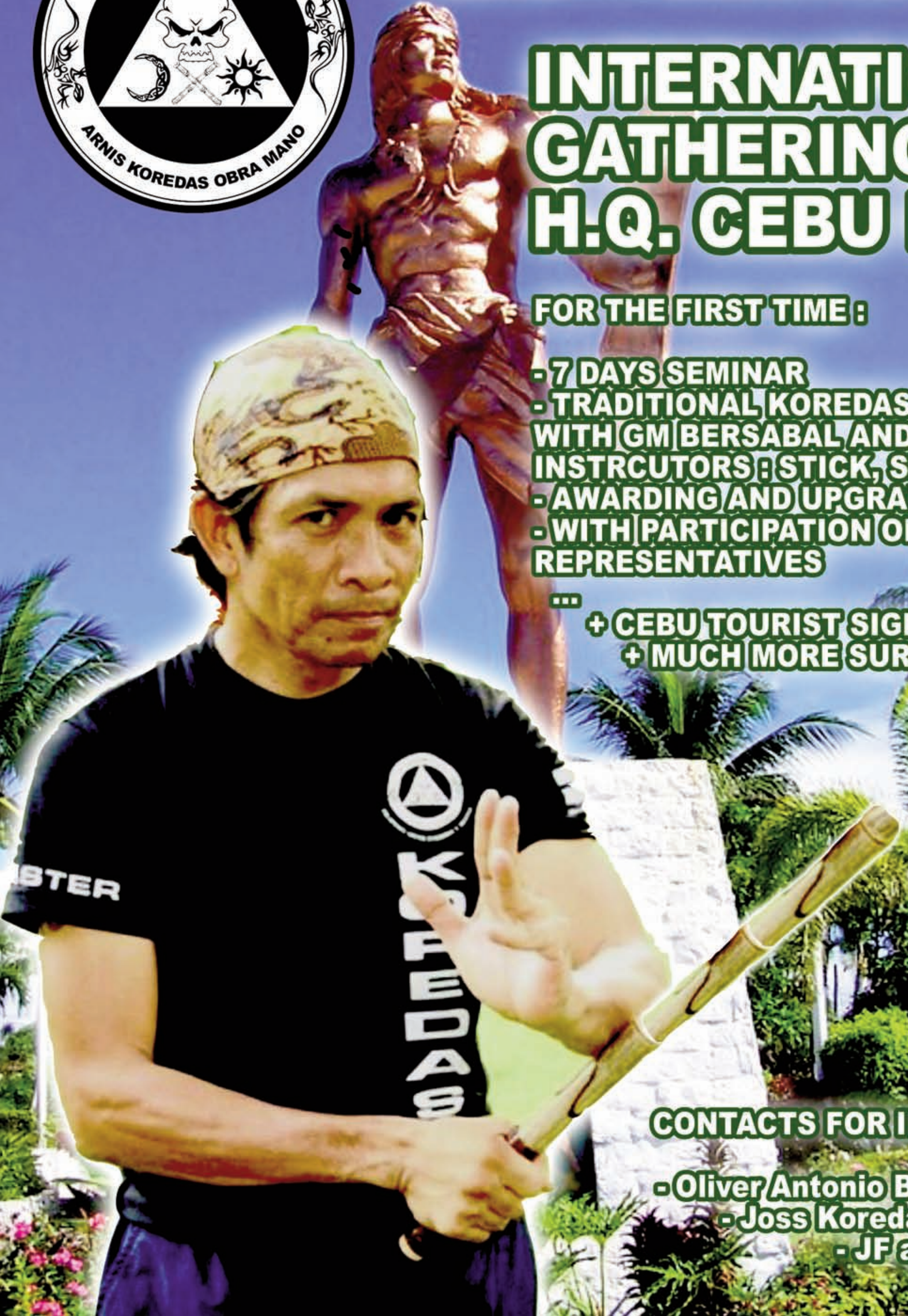

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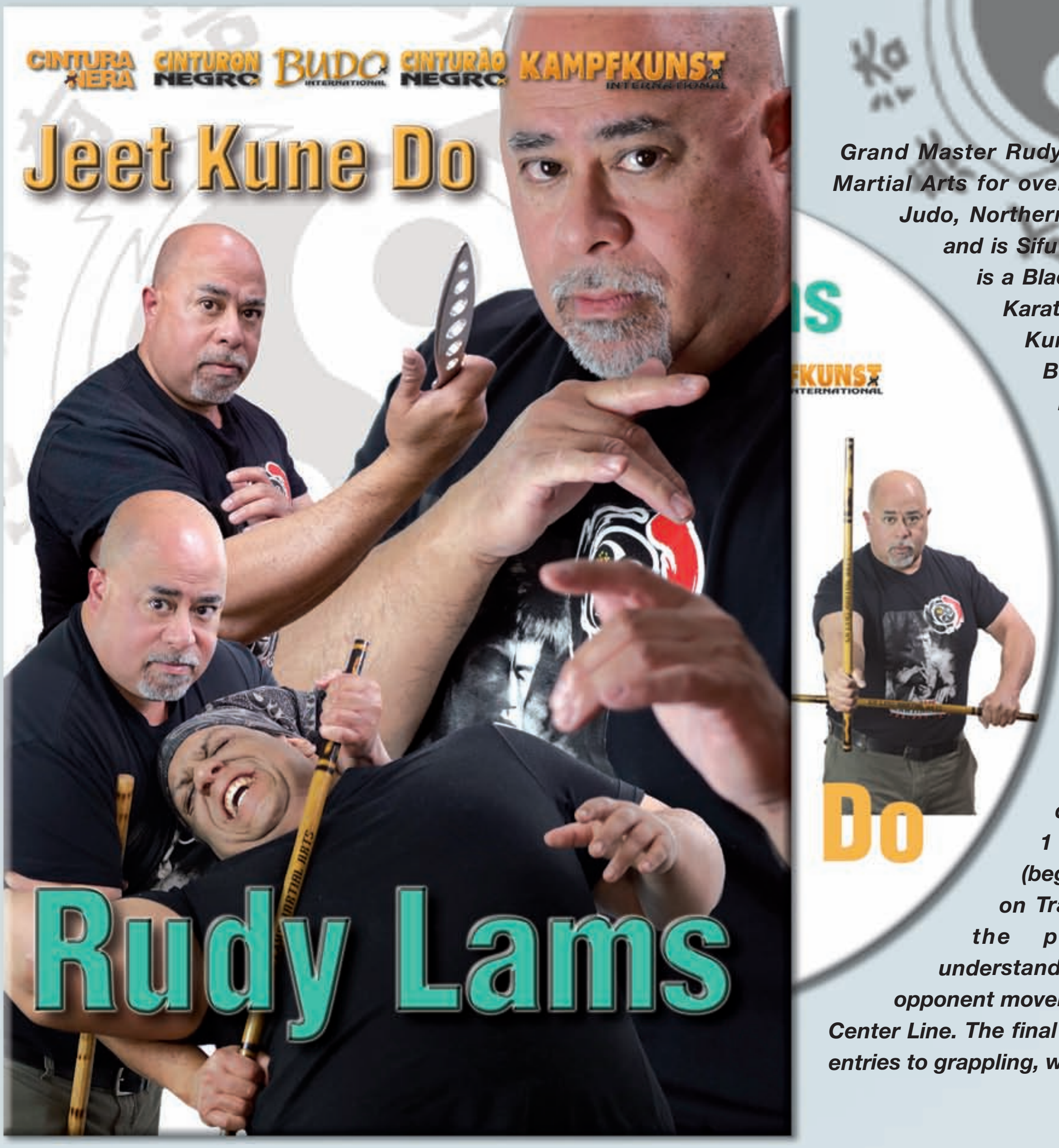
# Jeet Kune Do Rudy Lams



*Grand Master Rudy Lams has been training the Martial Arts for over 52 years. He has trained in Judo, Northern Praying Mantis, Sil Lum Pai and is Sifu in Hung Gar Kung Fu. He also is a Black Belt 1st degree in USA Goju Karate. He is a 2nd Generation Jeet Kune Do Instructor training with Bruce Lee´s top students Sifu Richard Bustillo, Sifu Dan Inosanto, Sifu Ted Wong and Sifu Larry Hartsell. He is also a 6th degree Black Belt in Filipino Kali under the systems Sayoc Kali & Doce Pares. A Black Belt in BJJ & Shootwrestling. He's trained the Navy Seals and other government agencies. His system is very Practical, Efficient and Effective. Sought out all over the world doing Seminars. This is a Phase 1 course for all Levels (beginners, intermediate, advance) on Trapping skills. Covering will be the principals and execution understanding of how to immobilize your opponent movement and the importance of the Center Line. The final part will introduce some of the entries to grappling, which will be on the next DVD.*

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Сибирский Вьюн

(Sibirskyi Viun)

# Systema SV

## Dmitry

## *Way of moving, acrobatics*

To-hand combat, as well as for boxing, very important move in high and low positions. Complex movement can be divided into a series of simple movements and combinations of them.

From the inability to move the feeling wooden shoulders, fear and self-doubt.

Wooden hip - the pursuit of imaginary stability.

Stand on their feet and be dug into the ground to the waist is not the same thing.

Species movement are jumping, crawling, step, running and tumbling: tumbles forward, backward, to the side, etc.

Acrobatics - strict discipline, it requires precision work with DH, so develops coordination, which in turn makes your future high-performance work. Try to keep the balance clearly, observe the location of the body in space. Remember, different types of movements can be combined with each other.

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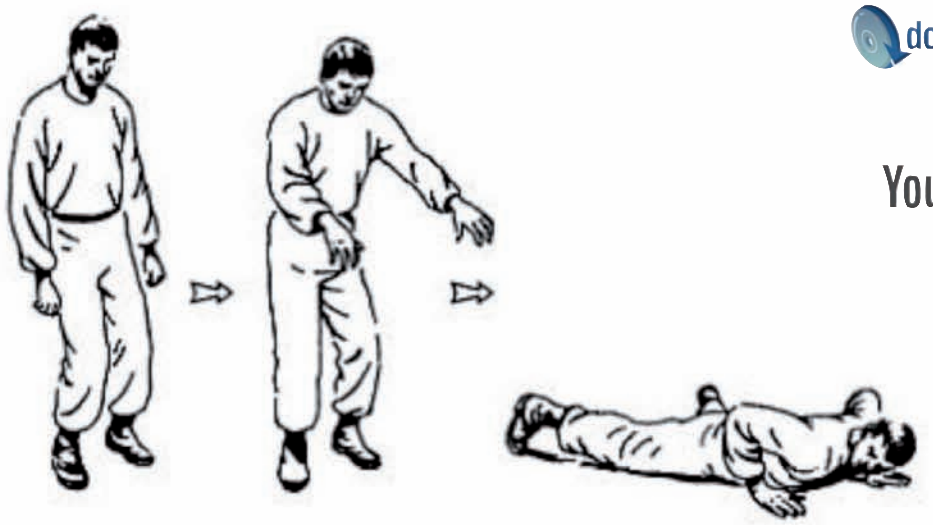

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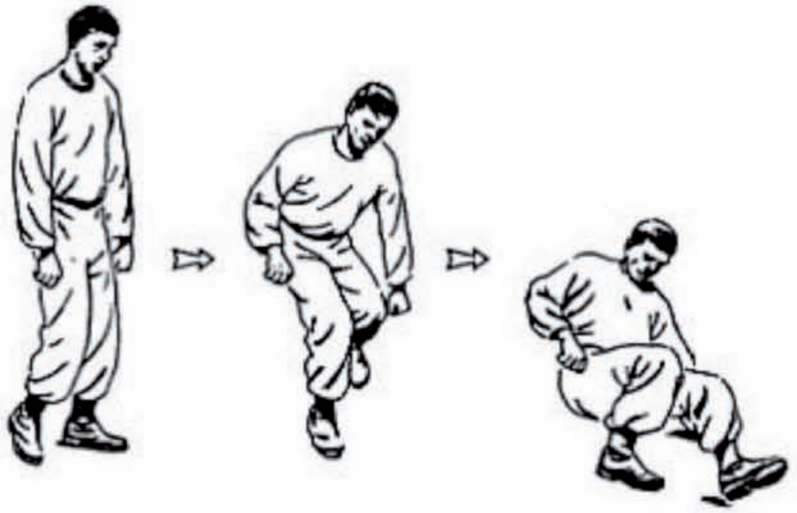


Skogorev

## *Lanyard*

Every time we have to fall to the ground, we should do it as soon as possible safer. For melee besides safety and efficiency is also important fall for further action. For this reason, we consider some types of cover from falling to the ground, ways out of insurance, moving to the lower roll forward, backward, rolled onto its side, and more.

First of all, we should remember the basic principles of the fall:

- All traffic coming from the pelvis;
- Changes in translational motion into rotary motion, for example, twisting the body around the axis - the spine, shoulders (cf. ball - rolling, cube - flops);
- Distribute the force of impact on the largest possible contact area with the surface of the body, thereby decreasing the strain energy;
- The rate of fall is "extinguished" relaxation. Contact occurs only on the soft tissues of the body;
- Exhale in the fall.

There are several options in the drop insurance: falling forward, falling on his side, back drop.

Falling forward - fall from the front position on the floor on your hands forward. Traffic goes from the pelvis: You crouch slightly, pelvis moves back, then slide back legs moved apart on the floor wider than shoulder width, hands on face or chest level (Figure 5.1).

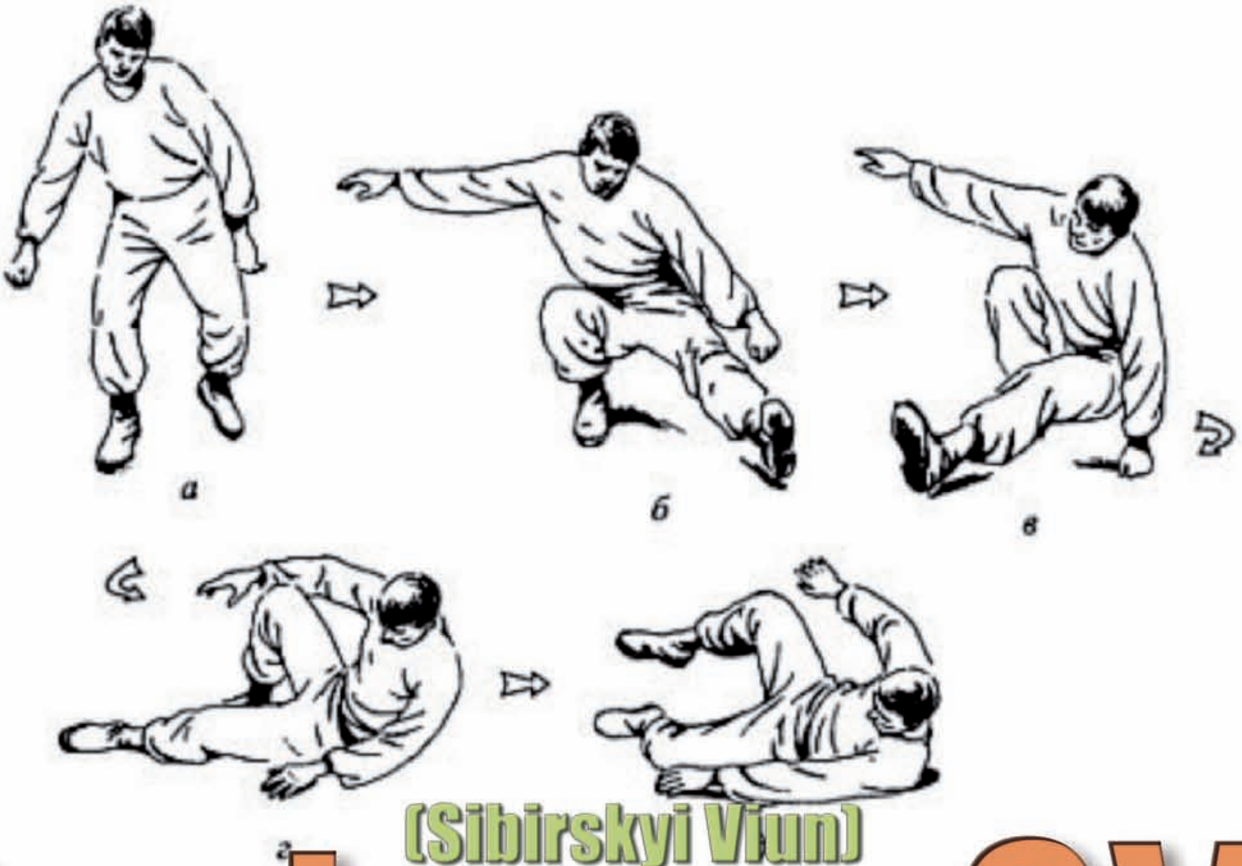


**Fig. 5.1. Falling from the front position:**
**And - falling forward, b - the usual fall on its side**

On a flexible path forward smoothly head "fit in" body, feeding in the ground plane (hands in the frame, head twisted to the left or right).

Falling on the side can be done in two ways.

**Method 1:** drop down from the front position on the left side. Wave motion is thrown forward left leg, the return wave motion squat on the right foot, twisting to the left - right foot heel slides forward on the floor, and you "unfold" in the position of insurance.

**Method 2:** the fall of the situation on the front side in a spiral. Straight left leg starts to spiral downward (Fig. 5.2, a), gradually "pulling" to the left, the left hand - the left leg at the knee (Fig. 5.2 b).

Gradually the "Enter" in the ground plane by moving weight from the heel of the left foot to the side (Fig. 5.2, d). You turn around by inertia at 90-180 ° (perhaps even at 360 °) and accept the position of insurance (Fig. 5.2, d).

**Fig. 5.2. Falling on its side in a spiral**

The main provision of insurance wrestling on the floor: lying on his side, legs bent, left leg lies flat on the floor, standing right on a full foot bent. The left hand is palm down, stretched out to the knee of the left leg. Choose a comfortable position. Chin pressed against the chest (Figure 5.3).

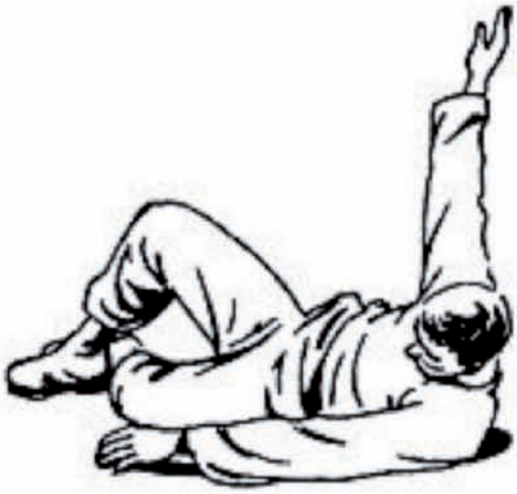


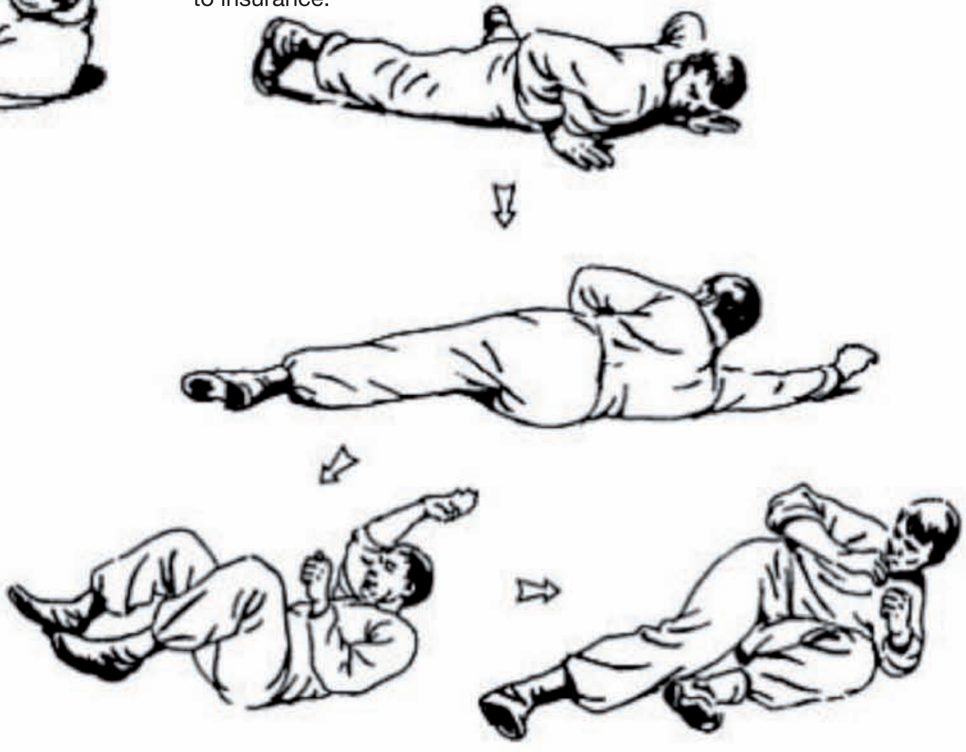
**Fig. 5.3. Wrestling Front**

Exit to the position of insurance can be different.

From the prone position, to occupy the position of insurance, to pull one hand on the floor of the head up and roll over it, then pull up to his hand (Fig. 5.4).

**Fig. 5.4. Going insurance from a prone position**

If the hands of a person, ie, in the top frame, there is another option: you have to stick your right hand under the left, try to stretch out like her. Pull your right knee to his feet, turn around, go to insurance.



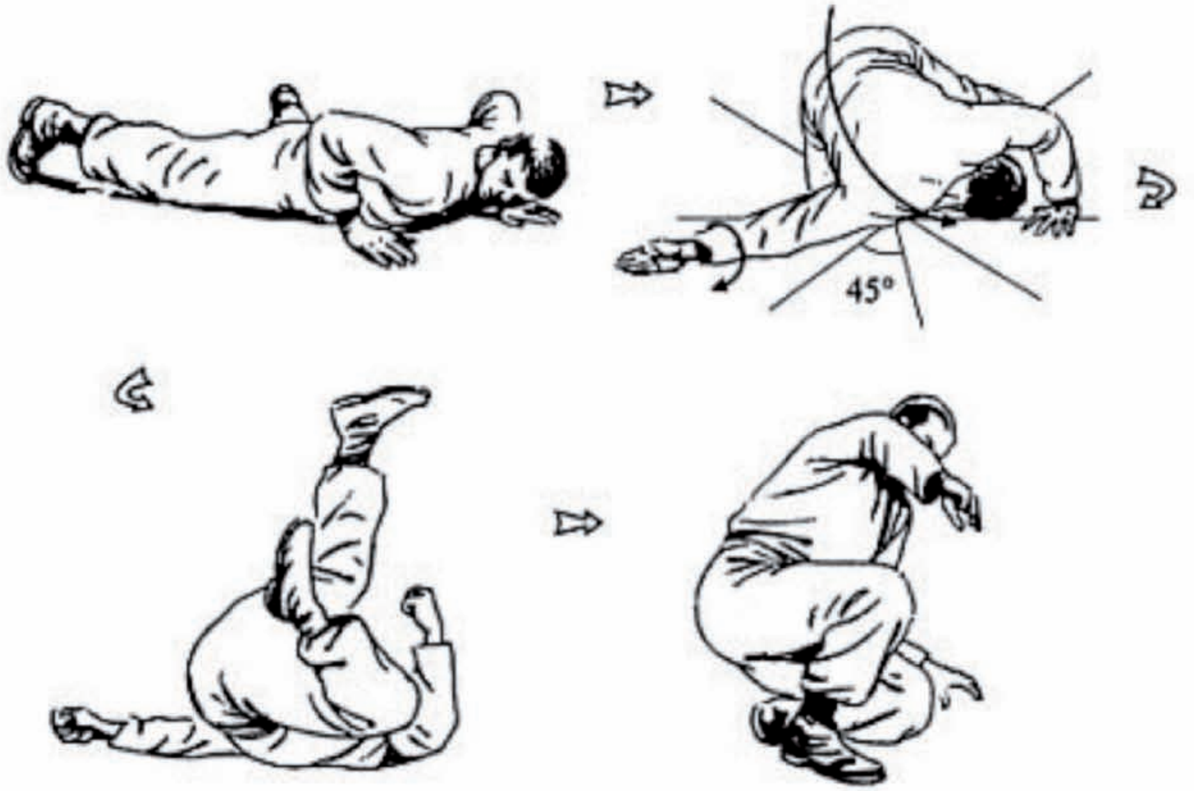
If your hands beneath, raise a little belly, skipping under his hand, pulling the body in hand, pulling up to his feet and get into the position of insurance.

Another option - through forward roll: prone, we place the hands, then left (right) hand pulling up to the face so that under it could be removed Collapses head.

Left (right) hand start forward rotation, twirling on the hand body. Helping feet, "screwed" the pelvis; rolled on his shoulders and rolled left to the insurance (legs bent close to the body). Now you can get on their feet (on his heels) (Figure 5.5).

**Fig. 5.5. Going insurance through a somersault**

From a prone position on the back can go to insurance status over the shoulders (Fig. 5.6).



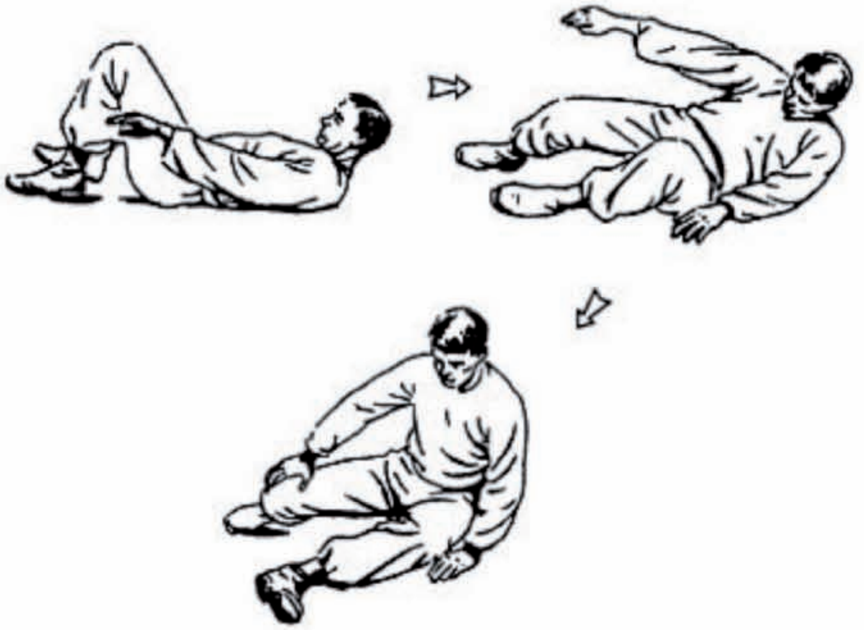


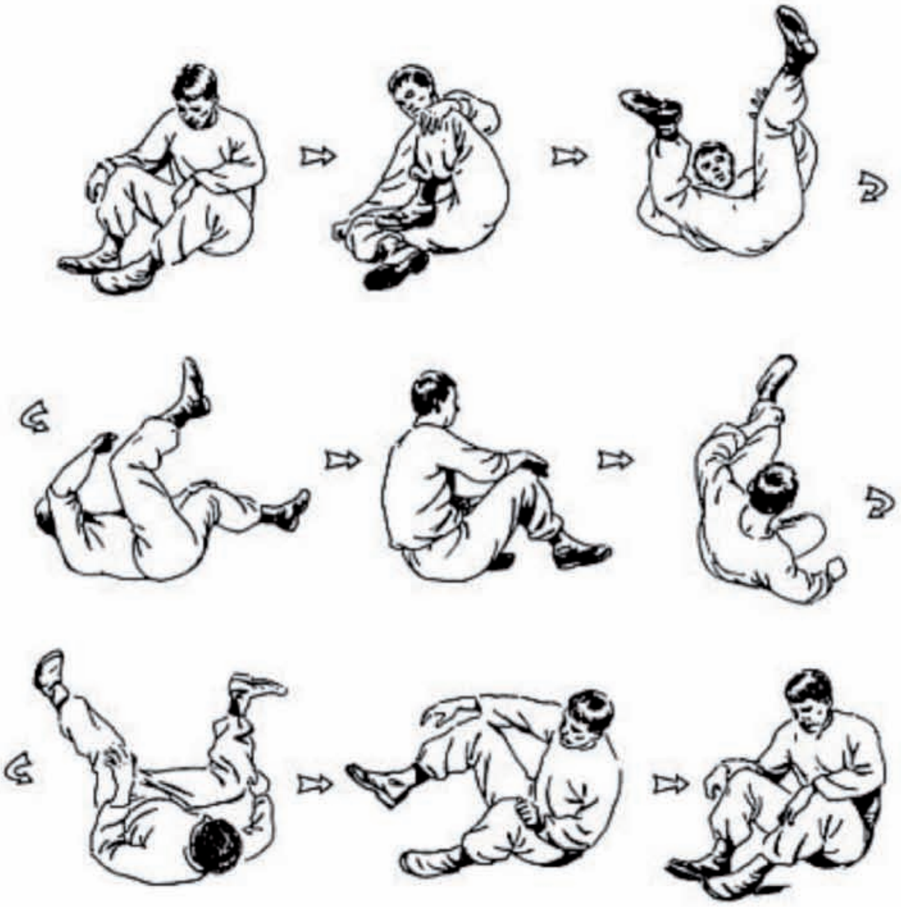
**Figure 5.6. Going insurance from a supine position**

From a sitting position on the floor commit rolls: hands on knees, legs bent and spread apart (Fig. 5.7).

**Fig. 5.7. Rolls on the floor around the circumference**

The opposite effect - the output of insurance in fighting position - can also be done in different ways.

Of insurance on the left side: right hand toss to the left and put his hand on the floor. At the same time we move the right foot over the left knee and lifts it to the right hand (Fig. 5.8, a). Put the foot toe on the floor, tucking the hips begin the movement of the right arm and leg. At the same body rises and turns on three reference points (Fig. 5.8, b) on the palm of his right hand; on the toe (knee) right leg; on the left hand shoulder.



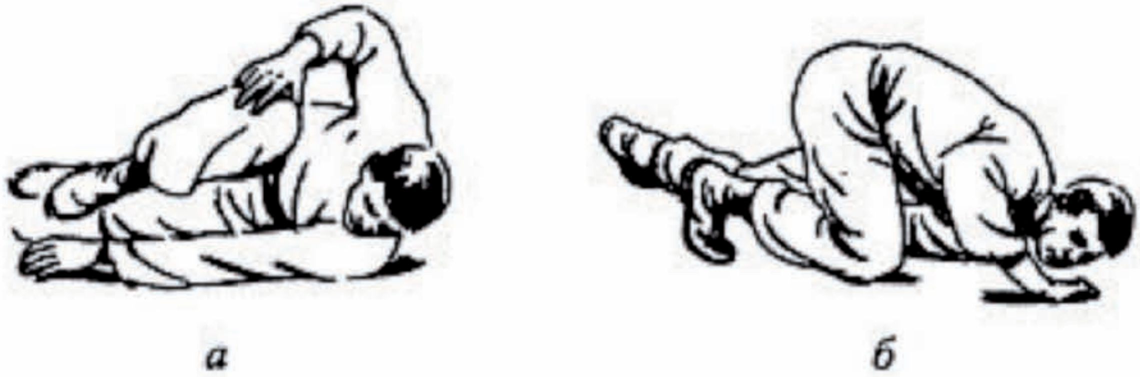


**Fig. 5.8. Elements out of insurance in a fighting stance**

Thereafter, the left hand begins to move under the body while turning on the shoulder and leaning forward, as a result you find yourself squatting in the bottom rack, left leg stretched out, his hands before him in a fighting position (Figure 5.9).

**Fig. 5.9. outs in the bottom rack (Option 1)**

Another option: scissor stroke legs rolled up in a spiral across the shoulders and go to the bottom rack - ready position (Fig. 5.10).

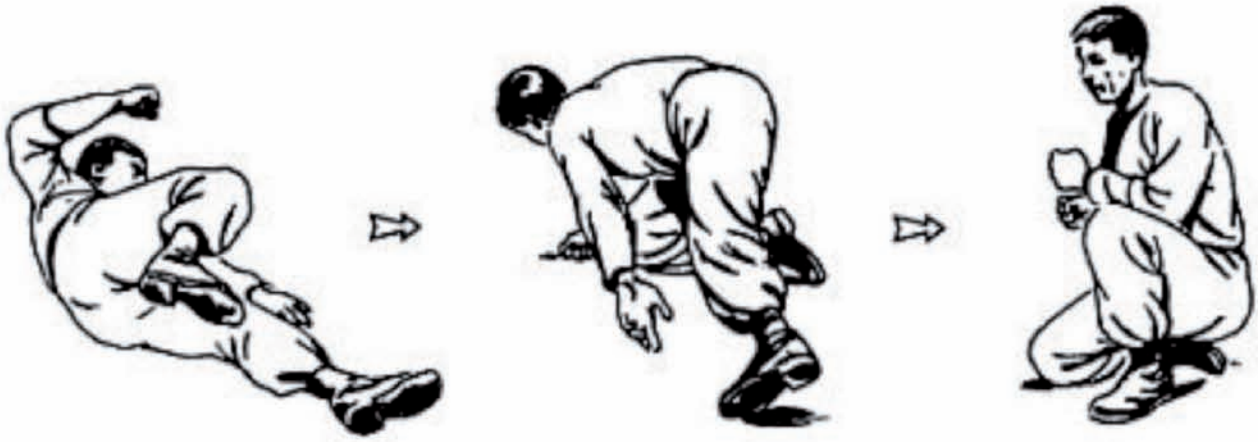


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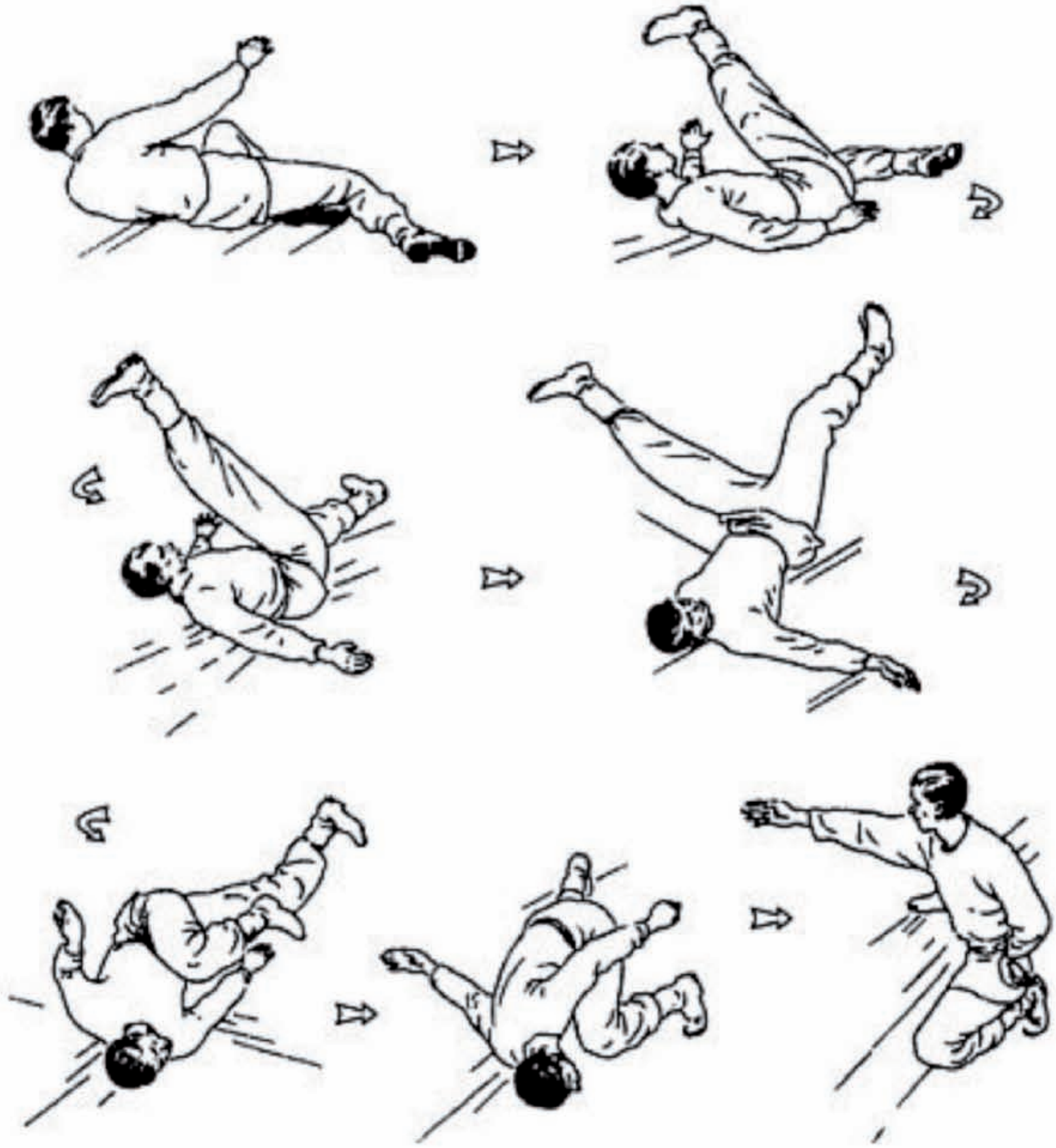
**Fig. 5.10. Outs in the bottom rack (Option 2)**



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*You can contact Frans Stroeven via Facebook, Instagram, WhatsApp, or email- info@scseskrima.com*

# Frans

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Kajukenbo EKKA

*The Kajukenbo continues to grow day by day and more than ever are demanded forms of teaching updated to our times and the EKKA responds with this series of 2 volumes corresponding to the intermediate level, and thus cover the basic techniques of the program of white belt, to black belt. In this new work, logical evolution of his previous work Basic Kajukenbo, GM Licesio Prieto shows us the forms (Palamas) 3 to 8, the Punch Counters 3-6, Grab Counters 3-6, Knife Counters 3-6, Club Counters 3-6, Kick Counters 1-5 that do not appear in the original art of Kajukenbo, as well as a work of Drills and Counters, typical of the EKKA. All martial arts must evolve and adapt to the times without losing their traditions and roots, everything evolves, and with the arts of Hawaii is the same, evolution despite whoever it may concern, but keeping the principles that make them work.*

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**ORDERS:**

# Intermediate 2
# Kajukenbo EKKA

# Licesio Prieto

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CINTURÃO NEGRO
KAMPFKUNST INTERNATIONAL
Licesio Prieto
Intermediate 2
Kajukenbo EKKA

*In this second volume corresponding to the intermediate level, GM Licesio Prieto presents the forms (Palamas) 9 to 13, the Punch Counters 7-10, Grab Counters 7-10, Knife Counters 7-10, Club Counters 7-10, Kick Counters 6-10 that are not included in the original art of Kajukenbo, as well as the continuation of the work of Drills 7-10 and Counters 7-10, typical of the EKKA. Kajukenbo continues to grow day by day and more than ever there is a demand for teaching forms updated to our times, and the EKKA responds with this series of 2 volumes on the intermediate level, so as to cover the basic techniques of the program from white belt to black belt. All martial arts must evolve and adapt to the times without losing their traditions and roots, everything evolves, and with the arts of Hawaii is the same, evolution despite whoever it may concern, but keeping the principles that make them work.*

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**ORDERS:**

# GM Chiu Chi Ling

1

2

# Shaolin

5

6

YouTube

YouTube

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# 洪拳 The Chiu

GM Martin Sewer

3

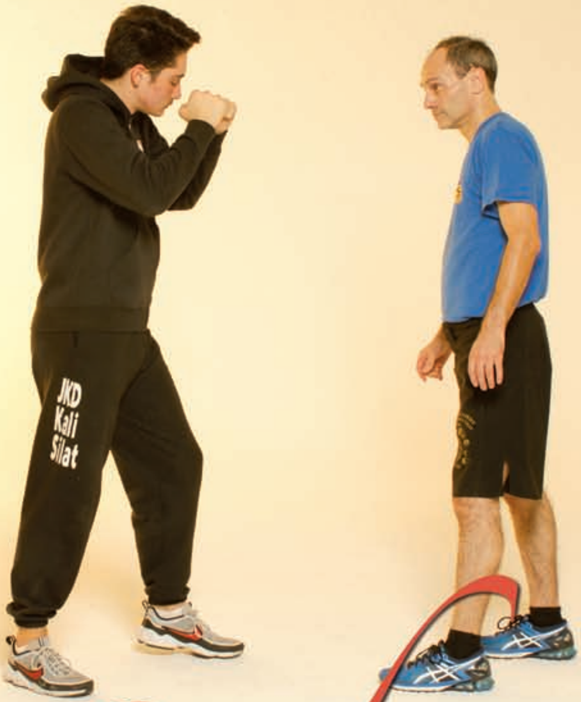
4

Hung Gar Kung Fu

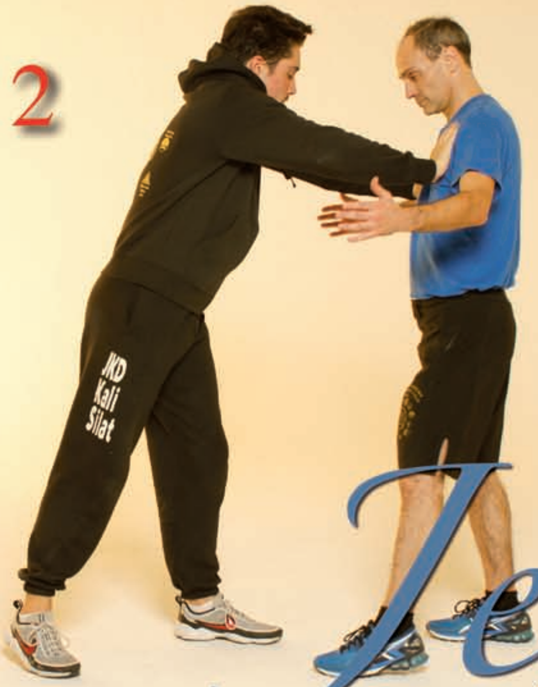
7

8

Chi Ling lineage
www.martinsewer.com


JKD
Kali
Silat

1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# Sifu David

# Je

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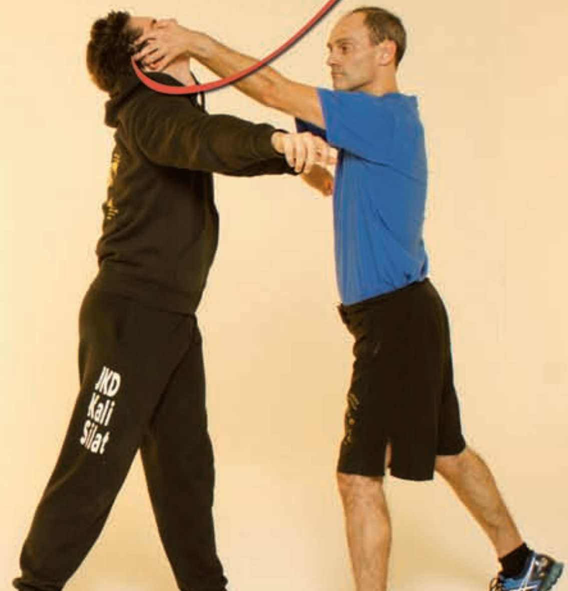
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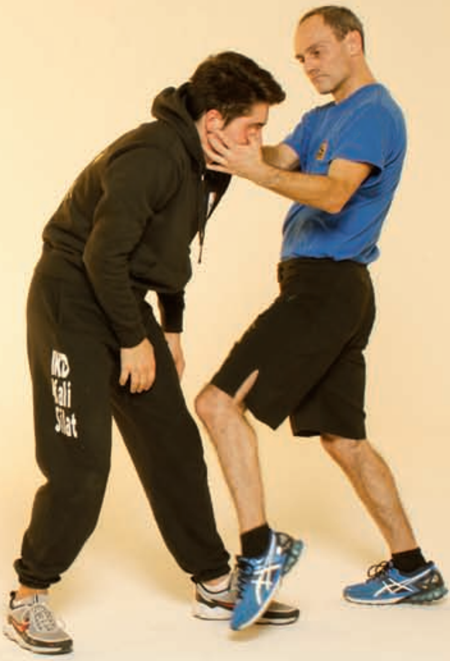
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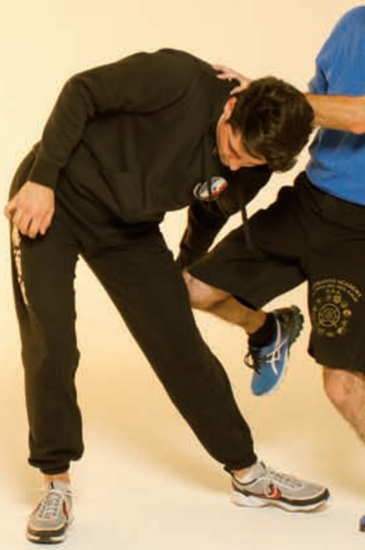


https://www.facebook.com/Ecole-Delannoy-darts-martiaux-466836933518429/

3

4

# et Kune Do

## Delannoy

8

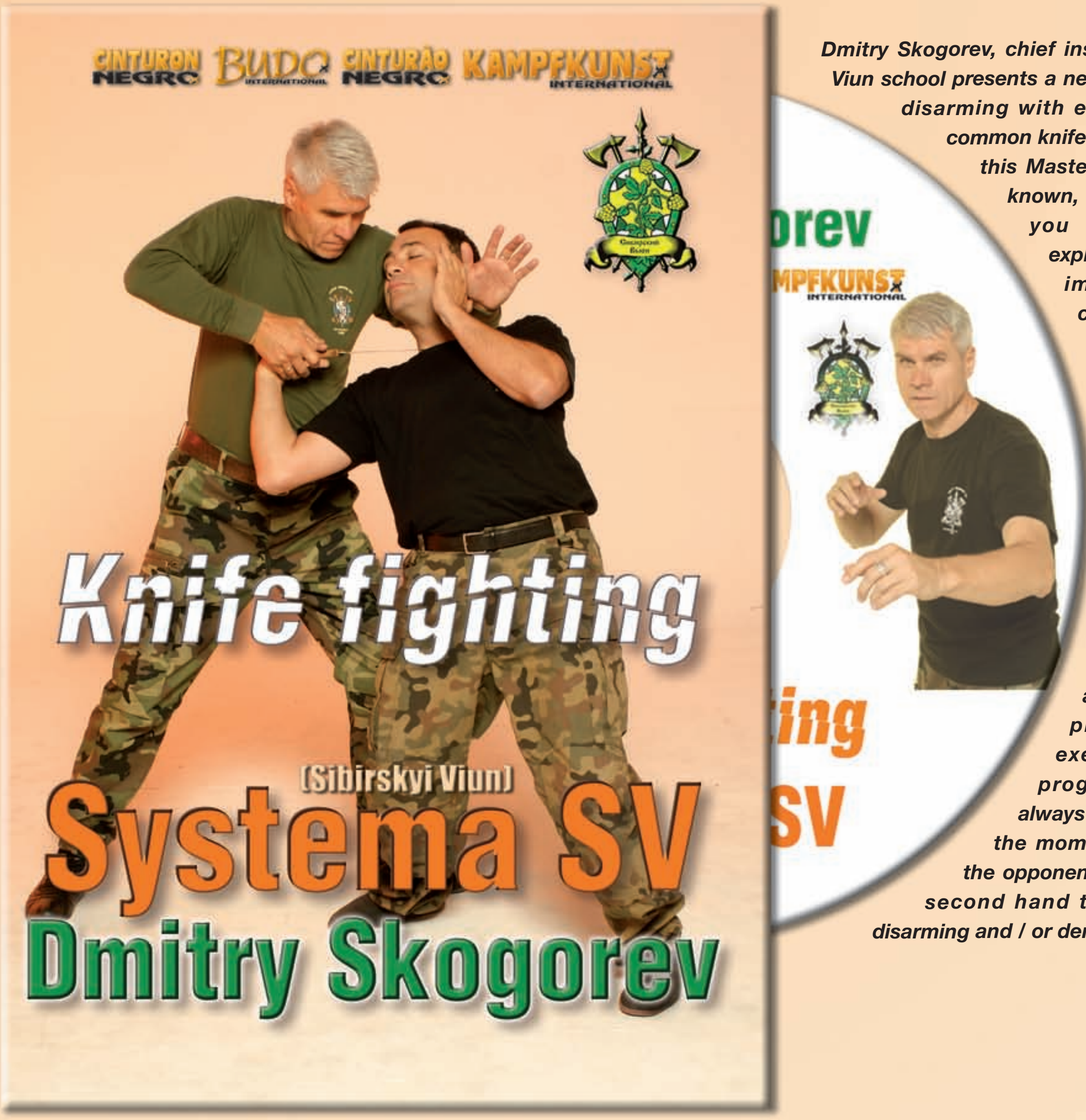
9

# Knife fighting

(Sibirskyi Viun)

# Systema SV

# Dmitry Skogorev



*Dmitry Skogorev, chief instructor of the Systema Svirsky Viun school presents a new work, focused on defense and disarming with empty hands against the most common knife attacks and threats. The skills of this Master and his experience are widely known, however, this video will surprise you with its focus and perfect explanations that frame a subject of immense seriousness in the combat arts. Skogorev explains in detail the basic principles of the movements, the biomechanical system, and how to break the balance of the opponent's body. The types of forces used to act on the joints of the opponent's body, twisting, levers, and keys, as well as strikes and their meaning, are also discussed. We will see how to combine all these aspects in the best way to achieve results, through the practice of numerous training exercises that we must perform progressively, with both hands, always starting with the first movement, the moment we come into contact with the opponent. Then we can begin to use our second hand to perform the movements of disarming and / or demolition of the opponent.*

REF.: • SKOG-31

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**ORDERS:**

# Shaolin
# Hung Gar Kung Fu GM Martin Sewer

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鶴
Pak Hok Pai
White Crane
Shaolin
Hung Gar Kung Fu
GM Martin Sewer
ng Fu
KAMPFKUNST INTERNATIONAL
Sewer

*Großmeister Martin Sewer präsentiert in diesem Werk einen kompletten Kurs von Bak Hok Pai, dem Stil des weißen Kranichs. Der Kranich ist ein elegantes Tier. Mit seinem weißen Federkleid steht er im einen Moment wie ein Herrscher da und bewacht sein Revier. Im nächsten Moment schlägt er mit den Flügeln und bewegt sich blitzschnell vorwärts. Obwohl jeder ein klares Bild von diesem anmutigen Geschöpf vor Augen hat, fällt es den meisten schwer, sich diesen großen Vogel in einem Kampf vorzustellen. Wie kämpft ein Kranich eigentlich, wenn er bedroht wird? Wie alle Tierstile entstand auch der Kranichstil durch das Studium der Strategien und Taktiken der Tiere während eines Kampfes und deren Übertragung auf den Menschen. So entstanden auch die fünf Tierstile, die sich über die Zeit bewährt haben und heute in meiner Schule gelehrt werden: Tiger, Kranich, Schlange, Leopard und Drache. Die Beherrschung all dieser Tierstile und der dazugehörigen Elemente macht einen Menschen zu einem perfekten Menschen, sagen die Legenden des Kung Fu, und es gehört natürlich zur Philosophie eines wahren Kriegers, sich ständig zu verbessern und Perfektion zu erreichen. Obwohl das Wissen um die fünf Tiere zu den fortgeschrittenen Stufen gehört, sind vier der genannten Stile auch für Anfänger in Form von Seminaren zugänglich. In ihnen erhalten eifrige Schüler nicht nur einen tieferen Einblick in unser Hung Gar, sondern lernen auch die ersten Kampftechniken des jeweiligen Tierstils, und der häufigste Kommentar ist: "Ich hätte nicht gedacht, dass diese Techniken so effizient sein können...!".*

REF.: • SEWER-6

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**Budo international.com**

# Shito Ryu
# Teruo Hayashi

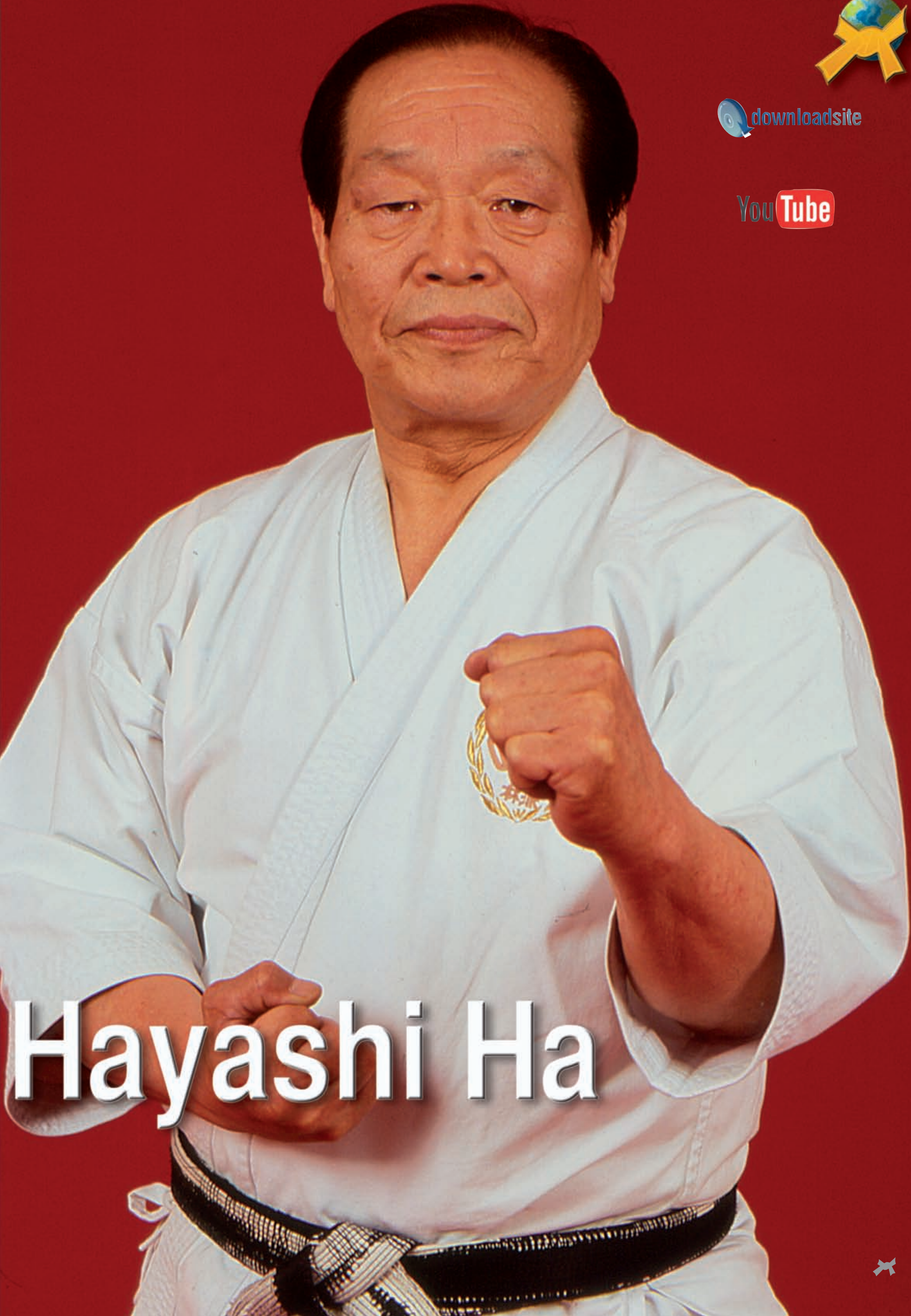
*SHITO RYU KARATE LEGEND*

**Grand Master Teruo Hayashi lived from 1924 to 2004.**

**Known for his amazing contributions to the film BUDO which made him famous world wide, he was without a doubt the star of the film his technical skills shined thru like a glaring beam of sun light with his self defense demonstrations and when he did Sanchin kata in the snow. Brrrr!!!! I am sure everyone who watched it was shivering for sure.**

**He was a student of the founder Kenwa Mabuni for a short time and then he became a disciple of Kosei Kuniba who became his primary Sensei.**

Text: Don Warrener
Photos: Budo archives © Alfredo Tucci



# Hayashi Ha

# Shito Ryu

# Teruo Hayashi

空手道

The term Shito Ryu was created by his teacher Kenwa Mabuni who took the name from a combination of his two teachers Kanryo Higashiona and Anko Itosu to form Shito Ryu.

Rising Sun Productions and EM-3 Media are distributing this all new series that has been unearthed thanks to one of his former senior students Hanshi Minobu Miki of San Diego California.

Hayashi Sensei was truly a master teacher as can be seen in this new series of DVD's (which will be available either as downloads or as hard copy DVD's) as he takes time with every single student in the class correcting and improving their karate. This is why he was in such demand world wide as a teacher for his always packed seminars.

Perhaps he was best known for his understanding and Bunkai or analysis of the kata both weapons and empty hands. Not only was his understanding logical but very dynamic as well.

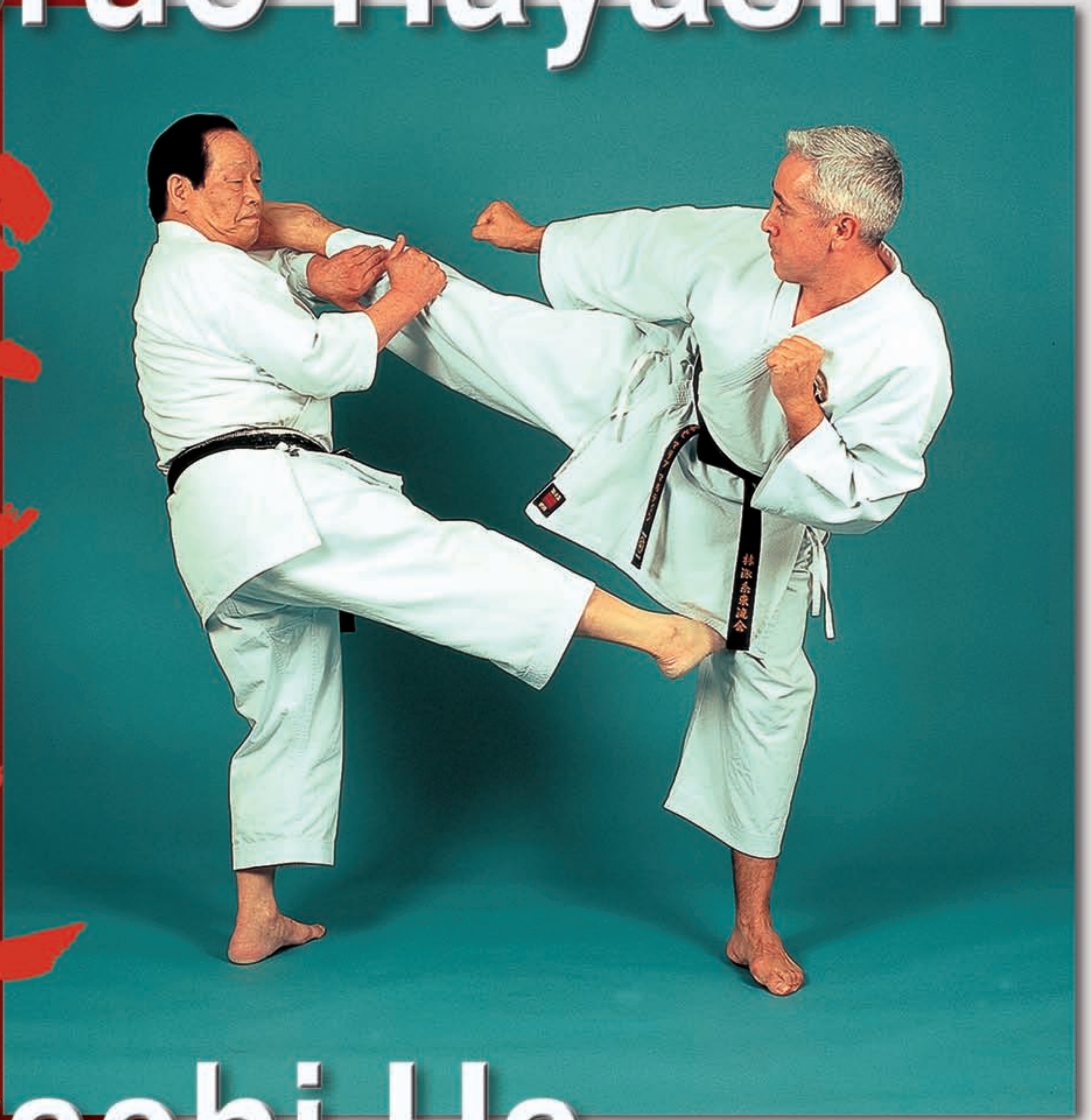
He was one of the last karate kas to practice what was called Musha Shuygo where he would walk into a dojo and challenge the instructor but he would have to fight all the top students first and then he could fight the teacher. Hayashi did this on numerous occasions making him somewhat of a highly respected tough guy in Japan.

## Hayashi Ha

# Shito Ryu

# Teruo Hayashi

空手道



# Hayashi Ha

He was also one of the first individuals to study more then just one style as he also learnt Ryuei Ryu Karate from Nakaima Sensei. He also learnt from him his deep understanding of the White Crane moves in the kata Hakkaku. Ryuei Ryu was a southern Chinese Tiger Style. But even he had to prove himself to Nakaima Sensei as he had to train for over a year before he was shown the Okuden or inner secrets of the family art of Ryuei Ryu from Nakaima Kenko Sensei. Hayashi Sensei then incorporated many of these principles in his own form of Hayashi Ha Shito Ryu karate.

The headquarters for Hayashi Ha Shito Ryu were in Osaka Japan but it wasn't long and he had outgrown his hometown karate experiences but he always seemed to migrate back to Osaka.

He spent a great deal of time in Okinawa the home of karate and learnt from the best Okinawa had at the time including Nagamine Shoshin who taught him Shuri Te and Tomari Te forms of the Okinawan art.

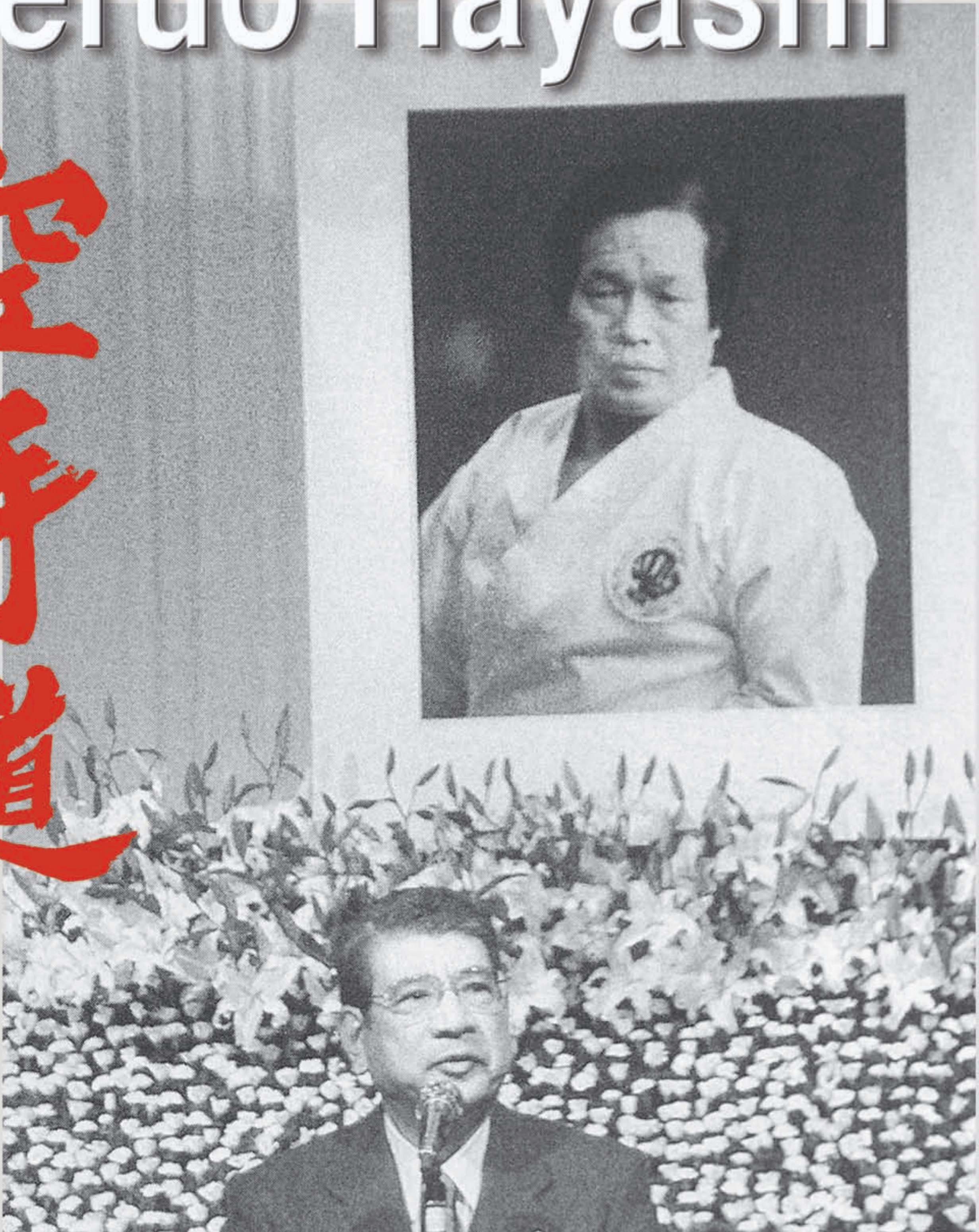
As many know Shito Ryu is actually a combination of Shur Te and Naha Te and Hayashi who started his martial arts at the age of 14 by studying Judo as most school children did in those days. Then at the age of 24 1948 he was introduced to Goju Ryu (Naha Te) and one of the key figures Seiko Higa an original and some say top student of founder Miyagi Chogun Sensei this was from 1949 to about 1951.

Many know that martial arts were banned in Japan at this time by the Allied forces and its head, General Douglas Mac Arthur who banned all Japanese fighting arts especially anything to do with a sword but because Karate was still very new and not well organized many still practiced it in their homes or gardens.

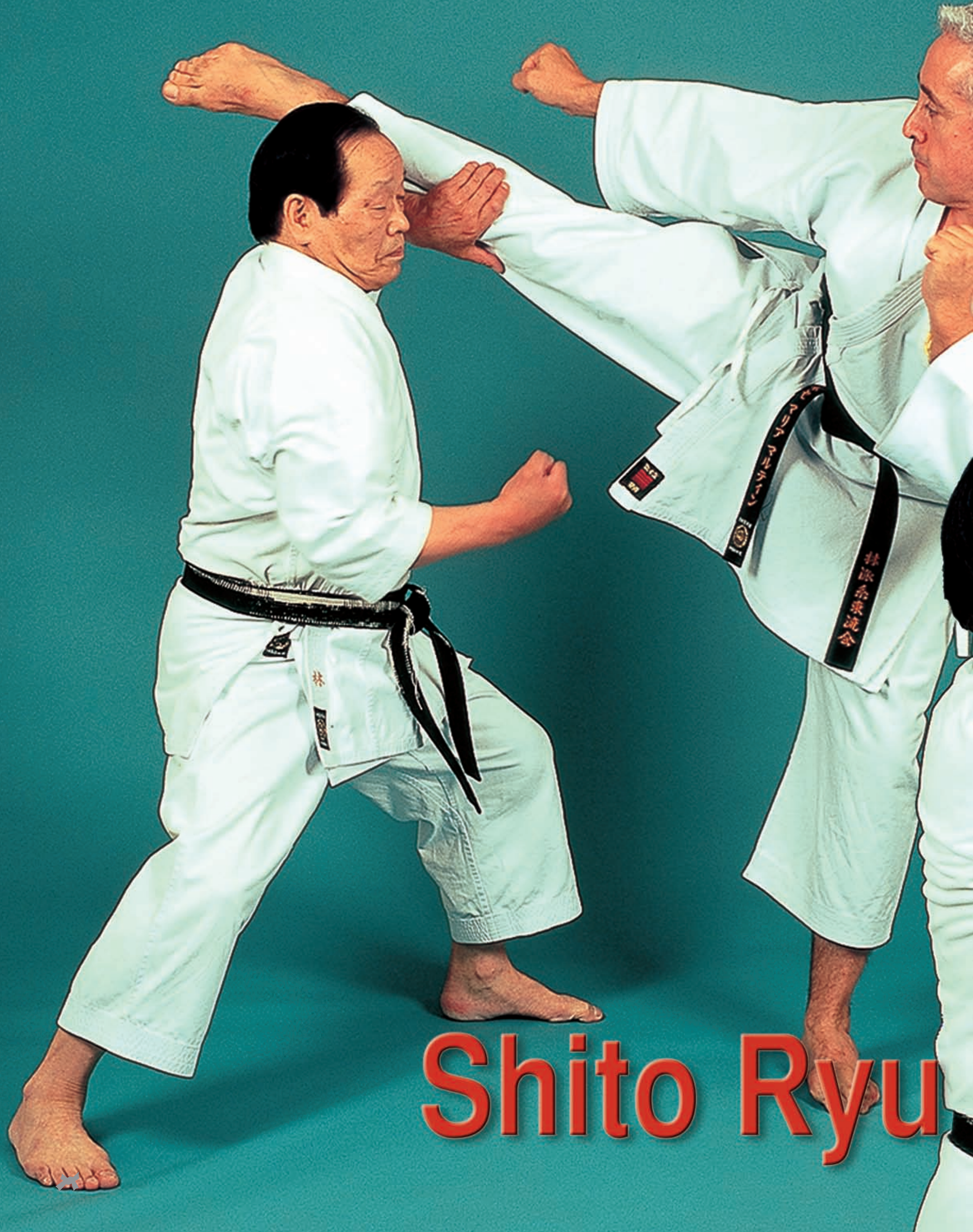
# Shito Ryu

# Teruo Hayashi

空手道



## Hayashi Ha

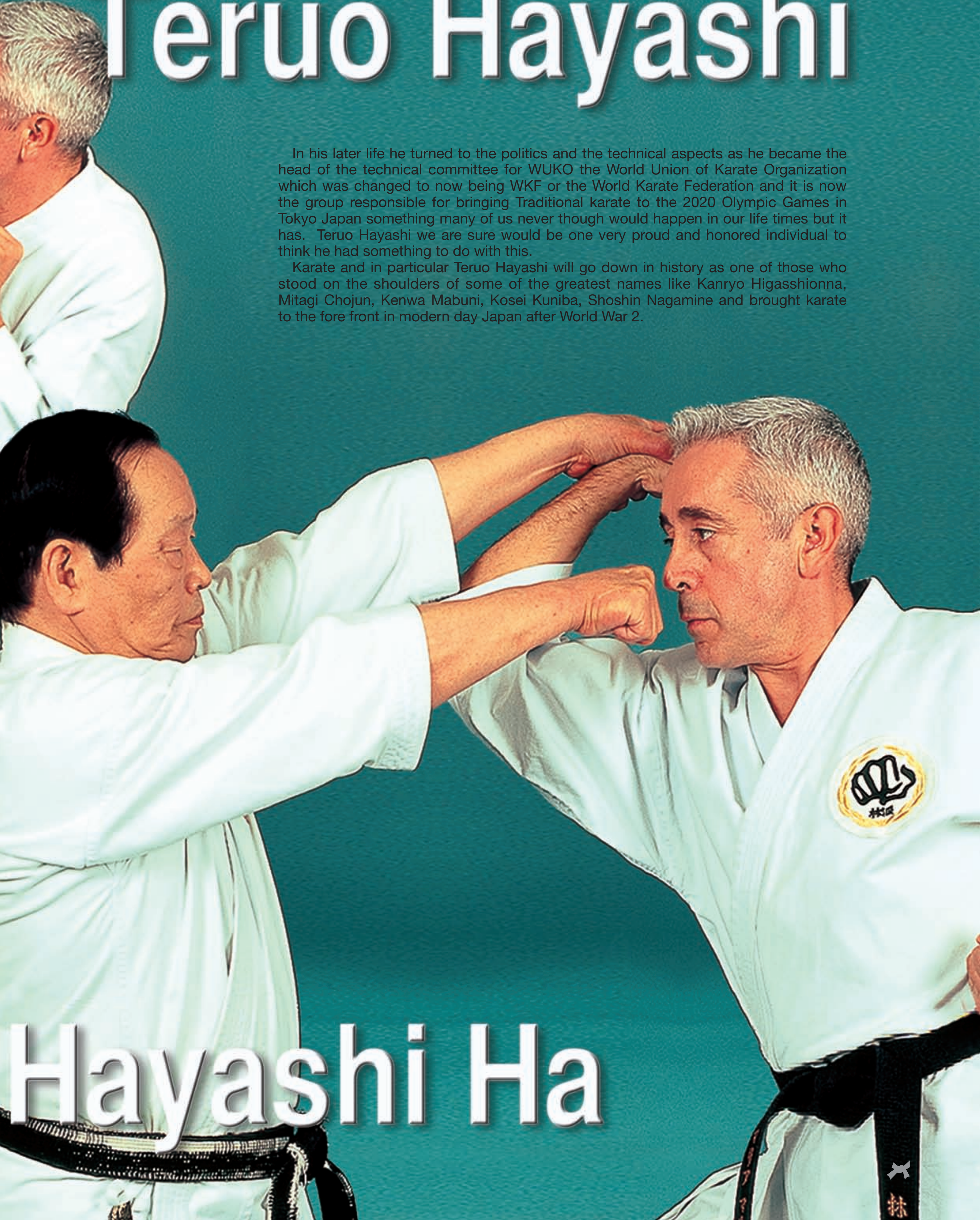


# Shito Ryu

# Teruo Hayashi

In his later life he turned to the politics and the technical aspects as he became the head of the technical committee for WUKO the World Union of Karate Organization which was changed to now being WKF or the World Karate Federation and it is now the group responsible for bringing Traditional karate to the 2020 Olympic Games in Tokyo Japan something many of us never though would happen in our life times but it has. Teruo Hayashi we are sure would be one very proud and honored individual to think he had something to do with this.

Karate and in particular Teruo Hayashi will go down in history as one of those who stood on the shoulders of some of the greatest names like Kanryo Higasshionna, Mitagi Chojun, Kenwa Mabuni, Kosei Kuniba, Shoshin Nagamine and brought karate to the fore front in modern day Japan after World War 2.



# Hayashi Ha

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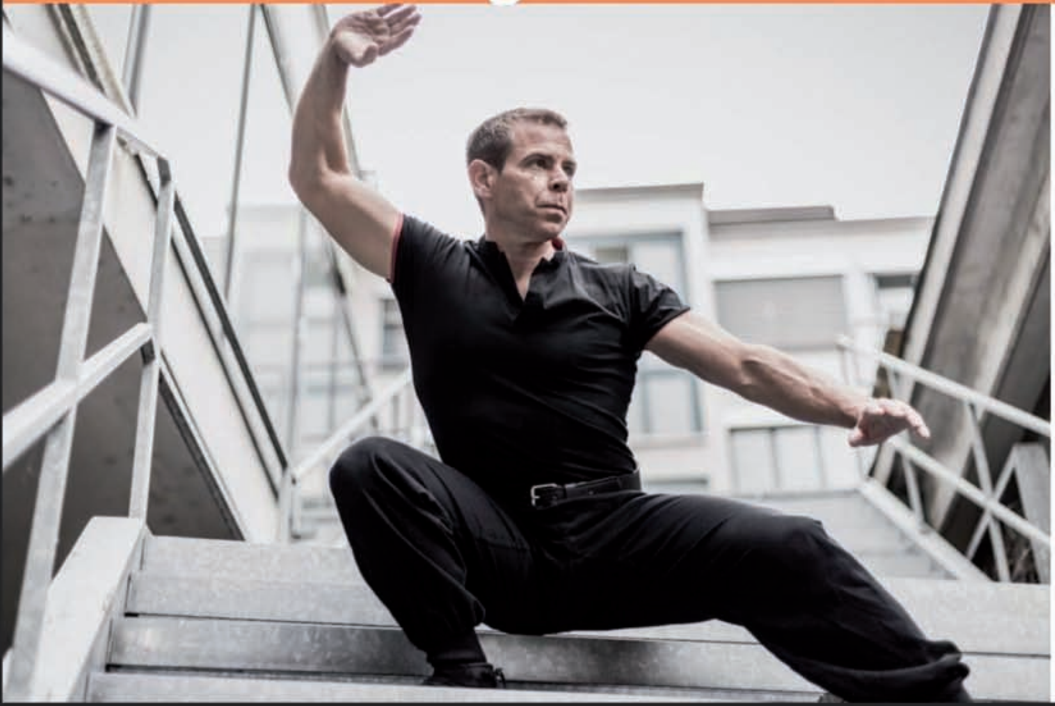

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Budo

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# Patrick Levet
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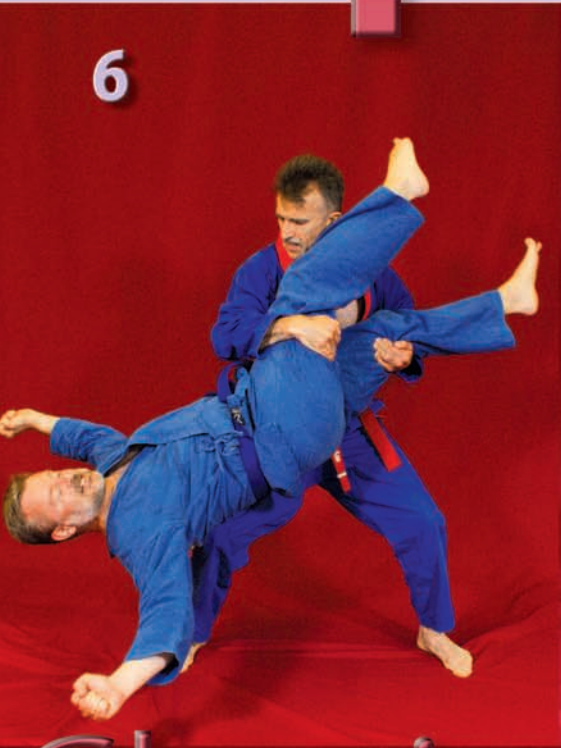
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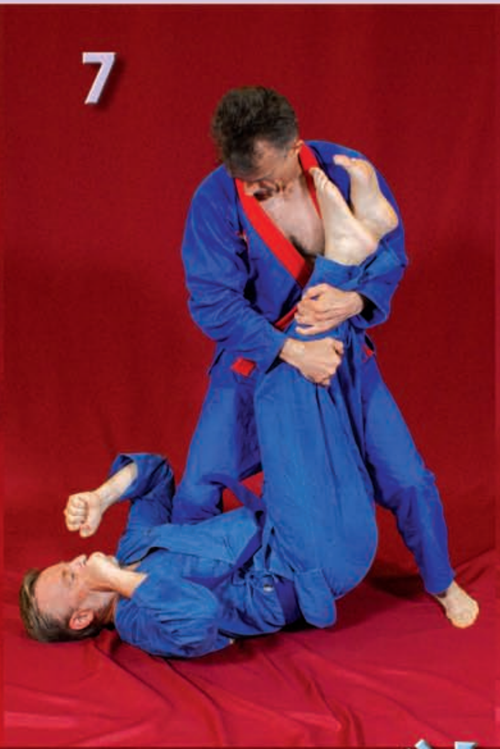
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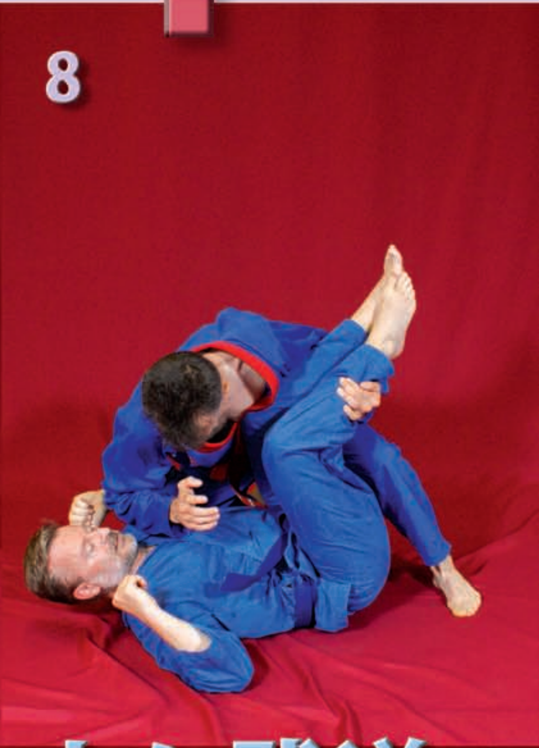
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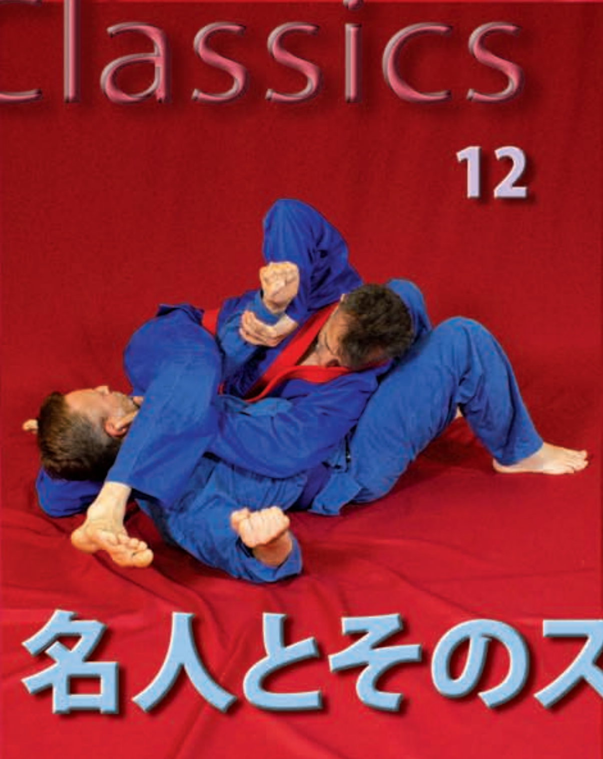
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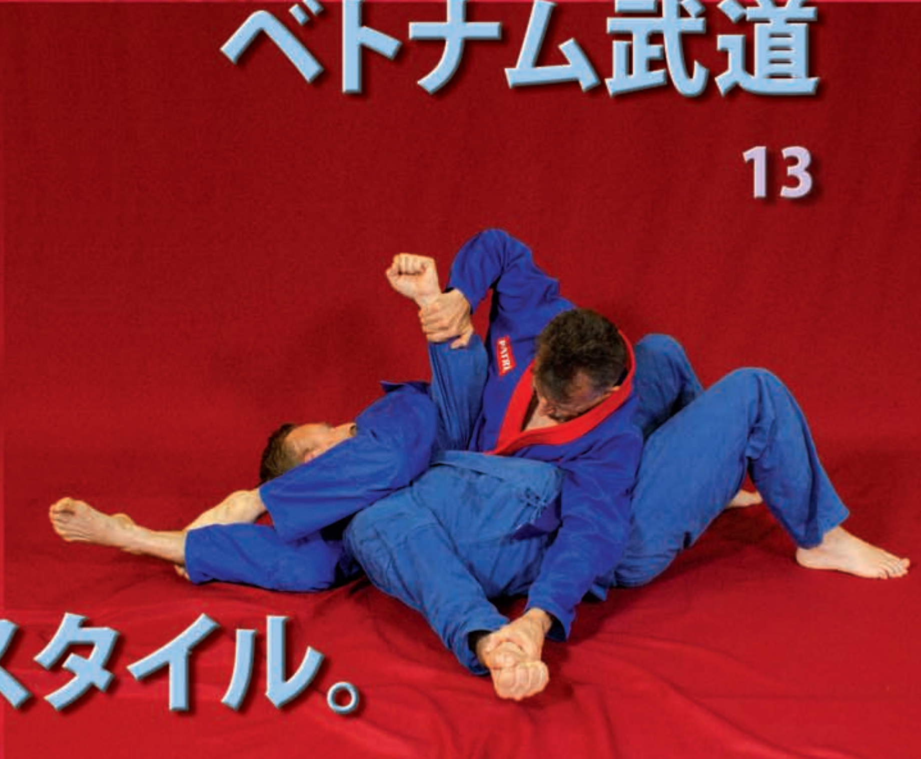
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# Kempo Aiki-Jutsu 2

## Shihan Carlos García Almaraz

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2
TRACY'S KARATE
Shihan Carlos García Almaraz
Kempo Aiki-Jutsu
a Almaraz
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utsu 2

*Carlos Garcia, founder Master of Kempo Aiki-Jutsu, 8th Dan Chinese Hawaiian Kenpo awarded by G.M. Jack Shamburger, and 2nd Dan Aikido Aikikikai presents his second work, which aims to show the importance of traditional training from the base, and then apply them to self-defense techniques, even with modifications seeking greater efficiency and forcefulness when defending ourselves. We start with a static work, purely basic, of Kihon, where the partners work a Tsuki attack and basic blocks such as Shoto Uke, Uchi Uke, Age Uke and Gedan Barae, to apply them later in self-defense techniques. The training begins with pure Kihon, static work that provides stability, strengthens postures and calms the mind. The hardening also teaches that the body feels pain when it receives blows, but also when it hits, so we learn to manage it and not to paralyze the mind in a real situation of confrontation. In a second section, we will show Aikido techniques, executed in the traditional way, Nikkyo, Sankyo, Kote Gaeshi, Shiho Nage, Irimi Nage. We develop here our own program, modifying the work in order to adapt it to our style, with our particular way of understanding self-defense, taking into account the continuous evolution of the times we live in. 54 min.*

REF.: • KAJCG2

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**Budo international.com**

# Kajukenbo

## Angel García Soldado

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Angel García Soldado
Kajukenbo
oldado
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bo

*Kajukenbo is an eclectic and versatile system that was born as a useful and credible tool for self-defense in modern times, it is not a martial art of sports or traditional profile and therefore its learning is suitable for all types of people whatever their condition and in which there is only one premise according to its creator Sijo Emperado. "Fight to train, train to fight, fight to win.... go for broke". The standard techniques, above all, have to serve as a model of application of different well-structured basic principles whose purpose is purely efficiency, sometimes even supported by the ability of creative improvisation. This is basically achieved by training different combinations of the same principles and avoiding their excessive mechanization. Every aggressor has a plan or a predetermined intentionality, so it is unquestionable to be extremely effective in the blocking and subsequent response by correctly using coordination and synchronization to break the opponent's initiative and position ourselves with advantage, and as Emperado said, suffocate him with quick and forceful bursts of blows in specific areas and move with dynamic and overwhelming transitions that prevent the aggressor's reaction.*

REF.: • KAJ-8

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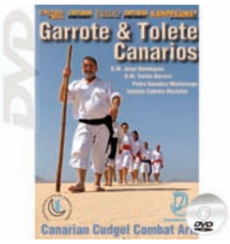
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KEYSI FIGHTING METHOD
Justo Dieguez
Graps & Traps

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急所術
Kyusho & Breakdown
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Gianluca Frisan

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Ref. DVD/KFRISAN4
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Gianluca Frisan
Kyusho Jitsu

DVD KYUSHO JITSU NERVESTIMULATION AFFECTING VOL.1
Ref. DVD/KFRISAN5
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2
Gianluca Frisan
Kyusho Jitsu

DVD KYUSHO JITSU NERVE STIMULATION AFFECTING VOL.2
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転掌
Tensho Kata
Kyusho Bubishi Nerve attacks
Evan Pantazi

DVD KYUSHO & TENSHO KATA
CAT. : DVD Kyusho Jitsu

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Tzai Kune Do
Sifu Vincent Lyn

DVD LING GAR TZAI KUNE DO
Ref. DVD/LYN8
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Kali Larga Mano System
Maurizio
Maltese

DVD KALI LARGA MANO SYSTEM
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Price Inc. Tax......20,00 EUR

Jonica Fencing
Maurizio Maltese
Scherma Jonica

DVD IONIAN FENCING, SCERMA JONICA
Ref. DVD/MALTE6
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OKICHITAW
INDIGENOUS COMBAT ARTS
George Lepine

DVD OKICHITAW INDIGENOUS COMBAT ART
OKICHITAWI
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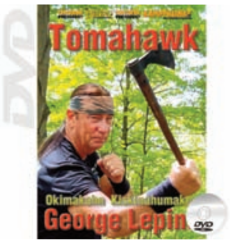
Tomahawk
George Lepine

DVD OKICHITAW TOMAHAWK
Ref. DVD/OKICHITAW2
Price Inc. Tax......20,00 EUR

QI GONG 1
Sifu Paolo
Cangelosi

DVD KUNG FU QI GONG. VOL.1
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Price Inc. Tax......20,00 EUR

QI GONG 2
Sifu Paolo
Cangelosi

DVD KUNG FU QI GONG. VOL.2
Ref. DVD/QIGONGPC2
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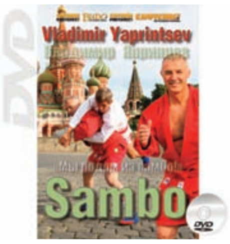
Vladimir Yaprintsev
Sambo

DVD RUSSIAN SAMBO
Ref. DVD/SAMBO2

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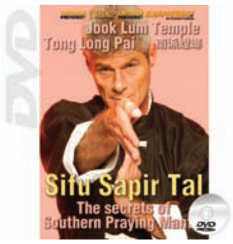
Jook Lum Temple
Tong Long Pai
Sifu Sapir Tal
The secrets of Southern Praying Man
DVD

DVD JOOK LUM SOUTHERN MANTIS KUNG FU
Ref. DVD/SAPIR2
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Pak Hok Pai
White Crane
Shaolin
Hung Gar Kung Fu
GM Martin Sewe
DVD

DVD HUNG GAR BAK HOK PAI. THE CRANE
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Sifu Salvador Sánchez
DVD

DVD WING CHUN FUNDAMENTALS. TAOWS
Ref. DVD/TAOWS5
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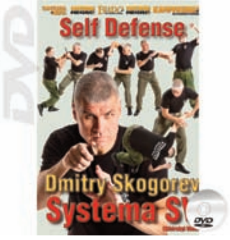
Dmitry Skogorev
Systema SV
DVD

DVD SYSTEMA SV GUN DEFENSE VOL.1
Ref. DVD/SKOGOREV28
Price Inc. Tax......20,00 EUR

2
Gun defense
Dmitry Skogorev
Systema SV
DVD

DVD SYSTEMA SV GUN DEFENSE VOL.2
Ref. DVD/SKOGOREV29
Price Inc. Tax......20,00 EUR


Self Defense
Dmitry Skogorev
Systema SV
DVD

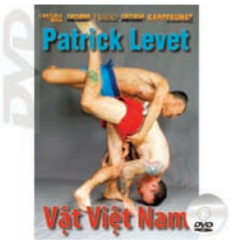
DVD SYSTEMA SV SELF DEFENSE WITH EVERYDAY ITEMS
Ref. DVD/SKOGOREV30
Price Inc. Tax......20,00 EUR

PAUL VUNAK
ENIGMA II
VOL.2
DVD

DVD VUNAK ENIGMA II. VOL.2 CONTEMPORARY JKD
Ref. DVD/VUNAK8
Price Inc. Tax......20,00 EUR

Gracie Jiu Jitsu
Intermediate
Vacirca Brothers
DVD

DVD GRACIE JIU-JITSU INTERMEDIATE
Ref. DVD/VACIR7
Price Inc. Tax......20,00 EUR


Patrick Levet
Vật Việt Nam
DVD

DVD VAT VIETNAM. VIETNAMESE WRESTLING
Ref. DVD/VIET9
Price Inc. Tax......20,00 EUR

I "Cavalieri d'umiltà"
Giuseppe Vuovolo
DVD

DVD I CAVALIERI D´ONORE E UMILTÀ
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Price Inc. Tax......20,00 EUR

# DVD Kung Fu

# DVD Kung Fu

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Southern Praying Mantis
Sifu Sapir Ta

DVD Tong Long Pai. Southern Praying Mantis
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PACHI TANGLANG CHUAN
SU YU-CHANG

DVD Pachi Tang Lang Chuan
Ref. DVD/PACH1
Price Inc. Tax......20,00 EUR

Sifu Paolo Cangelosi
Kung Fu
Tang Lang

DVD Kung Fu Tang Lang
Ref. DVD/TANG1
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Jose Miguel Antolin
Sanda

DVD Sanda Ming Chuan Kung Fu
Ref. DVD/SANDA
Price Inc. Tax......20,00 EUR

Sifu Paolo Cangelosi
Tao Yin

DVD Tao Yin Internal Kung Fu
Ref. DVD/YIN
Price Inc. Tax......20,00 EUR

Shaolin Hung Gar Kung Fu
Martin Sewer

DVD Shaolin Hung Gar Yap Moon Kuen
Ref. DVD/SEWER1
Price Inc. Tax......20,00 EUR

Sifu Paolo Cangelosi
TSUI PA HSIEN

DVD Tsui Pa Hsien Kung Fu Drunken Style
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Martin Sewer
Shaolin Hung Gar Kung Fu
"Zum Kap Kuen Form"

DVD Hung Gar Kung Fu Zum Kap Kuen Form
Ref. DVD/SEWER2
Price Inc. Tax......20,00 EUR

Shaolin Hung Gar Kung Fu
LAU GAR KUEN
Martin Sewer

DVD Hung Gar kung Fu Lau Gar Kuen Form
Ref. DVD/SEWER3
Price Inc. Tax......20,00 EUR

Gham Long Pai Kung Fu
Sijou Van Der Spek
Kung Fu & Self defense

DVD Gham Long Pai Kung Fu
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Sifu Martin Sewer
Hung Gar Kung Fu

DVD Shaolin Hung Gar Gung Gee Fook Fu Doy Dar
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Grand Master Andreas Hoffmann

DVD Weng Chun Kung Fu Vol2
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DVD Combat Kung Fu Free Style
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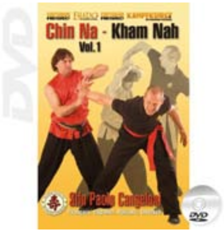
DVD Kung Fu Chin Na Vol 2
Ref. DVD/PC3
Price Inc. Tax......20,00 EUR



DVD Kung Fu Chin Na Vol 1
Ref. DVD/PC2
Price Inc. Tax......20,00 EUR

DVD Kung Fu Masters Historical Series Taiwan 1964
Ref. DVD/BC18
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DVD Kung Fu Pa Kua Pa Men Chan Form Vol 1
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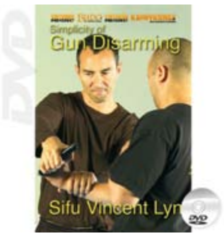
DVD Kung Fu Pa Kua Pa Men Chan Form Vol 2
Ref. DVD/PAMEN2
Price Inc. Tax......20,00 EUR

DVD Kung Fu Pai Lum Tao
Ref. DVD/PAI
Price Inc. Tax......20,00 EUR

DVD Kung Fu Toa Forms & applications Vol 2
Ref. DVD/TOA2
Price Inc. Tax......20,00 EUR

DVD Kung Fu Mou Sii Lion's Dance
Ref. DVD/MOU
Price Inc. Tax......20,00 EUR



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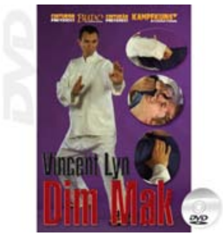
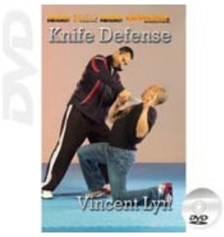


DVD Ling Gar Kung Fu Dim Mak
Ref. DVD/LYN3
Price Inc. Tax......20,00 EUR



DVD Ling Gar Kung Fu Knife Defense
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Price Inc. Tax......20,00 EUR

# DVD Kung Fu

Lyn Gar
Self Defense
Vincent Lyn

DVD Ling Gar Kung Fu Self Defense
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WENG CHUN KUNG FU
SIFU ANDREAS HOFFMANN

DVD Weng Chun Kung Fu
Ref. DVD/WENG
Price Inc. Tax......20,00 EUR

Sifu Martin Sewer

DVD Hung Gar Gung Gee Fook Fu Kuen Form
Ref. DVD/SEWER4
Price Inc. Tax......20,00 EUR

Gabriele Antonini
Kung Fu

DVD Kung Fu Toa Forms & applications Vol 1
Ref. DVD/TOA
Price Inc. Tax......20,00 EUR

SIFU PEDRO RICO
CHOY LI FUT

DVD Kung Fu Choy Li Fut Forms
Ref. DVD/LIFUT1
Price Inc. Tax......20,00 EUR

WENG CHUN KUNG FU
FA KUEN
SIFU ANDREAS HOFFMANN

DVD Weng Chun Kung Fu Fa Kuen
Ref. DVD/WENG3
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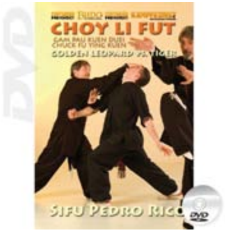
CHOY LI FUT
SIFU PEDRO RICO

DVD Choy Li Fut Leopard & Tiger Form
Ref. DVD/PR4
Price Inc. Tax......20,00 EUR

Sifu Paolo Cangelosi
Hung Gar, Kung Fu

DVD Hung Gar Kung Fu Gong Gee Fook Fu Kune Form
Ref. DVD/HUNG1
Price Inc. Tax......20,00 EUR

Hung Gar, Kung Fu
Sifu Paolo Cangelosi

DVD Hung Gar Gong Gee Fook Fu Kune Form Vol 2
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Kung Fu Weapons
Sifu Paolo Cangelosi

DVD Kung Fu Weapons
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Chin Na
Sifu Vincent Lyn

DVD Ling Gar Kung Fu Chin Na
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SPLASHING HANDS
Kung Fu
James McNeil

DVD Kung Fu Splashing Hands
Ref. DVD/NEIL1
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# DVD Kung Fu

PAOLO CANGELOSI
HUNG GAR KUNG FU
WU DIP JUEON

DVD Hung Gar Kung Fu
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PA KUA
PAOLO CANGELOSI

DVD Kung Fu Pa Kua
Ref. DVD/PC1
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The Tiger & Dragon forms
Kung Fu

DVD Kung Fu Choy Li Fut Tiger & Dragon Forms
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Price Inc. Tax......20,00 EUR

Shaolin XIAO HONG QUAN
Shaolin Temple form
Shifu Shi Miaozhi

DVD Shaolin Xiao Hong Quan Form Tao Lu
Ref. DVD/MIAOZHI1
Price Inc. Tax......20,00 EUR

Shaolin
Shi Xing Hong

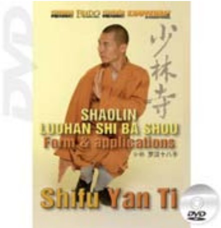
DVD The 18 movements of Shaolin Kung Fu
Ref. DVD/HONG
Price Inc. Tax......20,00 EUR

Shaolin Kung-Fu
VOL. 1

DVD Shaolin Kung Fu Boxing
Ref. DVD/SHAOLIN1
Price Inc. Tax......20,00 EUR

Shaolin Kung Fu Essential
少林寺 Shi Xing Jin
Shifu Bruno Tombolato

DVD Shaolin Kung Fu Essential
Ref. DVD/TOMBOLATO1
Price Inc. Tax......20,00 EUR


少林寺
SHAOLIN
LUOHAN SHI BA SHOU
Form & applications
Shifu Yan Ti

DVD Shaolin Luohan Shi Ba Shou Form Taolu
Ref. DVD/YANTI1
Price Inc. Tax......20,00 EUR

Shifu Yan Ti
Shaolin Qin Na

DVD Shaolin Qin Na
Ref. DVD/YANTI2
Price Inc. Tax......20,00 EUR

少林寺
SHAOLIN
SHI DE YANG

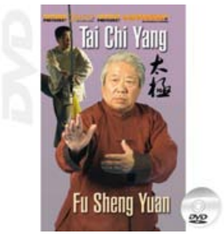
DVD Shaolin Kung-Fu Shi De Yang Interview
Ref. DVD/DEYANG
Price Inc. Tax......20,00 EUR

Shaolin's Secret techniques
Shaolin Jin Gang Ba Shi
Shifu Bruno Tombolato

DVD Shaolin Secret Techniques Jin Gang Ba Shi
Ref. DVD/TOMBOLATO2
Price Inc. Tax......20,00 EUR

# DVD Tai Chi

# DVD Tai Chi



DVD Tai Chi Yang Style Vol 3
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DVD Tai Chi Chen Style Tui Shou
Ref. DVD/YU3
Price Inc. Tax......20,00 EUR

DVD Tai-Chi and Qi-Gong Forms
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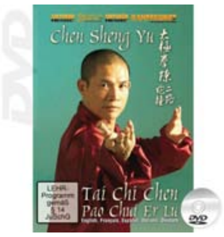

DVD Tai Chi Chen Style Pao Chui Er Lu Form
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Price Inc. Tax......20,00 EUR

DVD Tai Chi Yang Style Vol 2
Ref. DVD/FUSE2
Price Inc. Tax......20,00 EUR

DVD Tai Chi Yang Style Vol 1
Ref. DVD/FUSE
Price Inc. Tax......20,00 EUR

DVD Tai Chi Chen Xia Jia Pao Chuie Form
Ref. DVD/CHEN1
Price Inc. Tax......20,00 EUR

DVD Tai Chi Chen Style
Ref. DVD/YU
Price Inc. Tax......20,00 EUR

DVD Tai Chi Chuan for Seniors
Ref. DVD/TAI4
Price Inc. Tax......20,00 EUR

DVD Tai Chi Yang Style Kung Chia Form & Applications
Ref. DVD/TCC
Price Inc. Tax......20,00 EUR

DVD Tai Chi Beijing Jen The Straight Sword
Ref. DVD/TCE
Price Inc. Tax......20,00 EUR

DVD Ling Gar, Tai Chi & Qi Gong
Ref. DVD/LYN
Price Inc. Tax......20,00 EUR

# DVD Tai Chi

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Hamel
Mongolian
Tai Chi Chi Kung

DVD Mongolian Tai Chi Chi Kung
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Tai Chi Chuan
Pedro Rico

DVD Tai Chi Chuan Yang Style
Ref. DVD/PR1
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Sifu Pedro Rico
Wind Chasing Fan
Tai Chi

DVD Tai Chi Wind Chasing Fan
Ref. DVD/PR3
Price Inc. Tax......20,00 EUR

Ignacio Cáliz
Tai Chi-Chi Kung
LECCIONES DE LA ESCUELA YANG
LEZIONE DELLA SCUOLA YANG

DVD Tai Chi Yang Style & Chi Kung Vol 1
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Tai Chi
Ignacio Cáliz

DVD Tai Chi Yang Style & Chi Kung Vol 2
Ref. DVD/TAI2
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Ignacio Cáliz
Tai Chi Che

DVD Tai Chi Che Sword
Ref. DVD/TAI3
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# DVD Shaolin Kung Fu

# DVD Shaolin Kung Fu

DVD Shaolin Xiao Hong Quan Form Tao Lu
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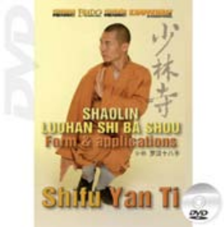
Price Inc. Tax......20,00 EUR

DVD Shaolin Secret Techniques Jin Gang Ba Shi
Ref. DVD/TOMBOLATO2
Price Inc. Tax......20,00 EUR

DVD The 18 movements of Shaolin Kung Fu
Ref. DVD/HONG
Price Inc. Tax......20,00 EUR

DVD Shaolin Kung Fu Boxing
Ref. DVD/SHAOLIN1
Price Inc. Tax......20,00 EUR

DVD Shaolin Kung Fu Essential
Ref. DVD/TOMBOLATO1
Price Inc. Tax......20,00 EUR



DVD Shaolin Luohan Shi Ba Shou Form Taolu
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DVD Shaolin Qin Na
Ref. DVD/YANTI2
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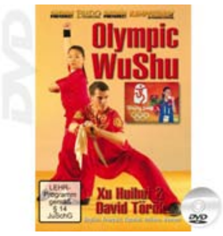
DVD Shaolin Kung-Fu Shi De Yang Interview
Ref. DVD/DEYANG
Price Inc. Tax......20,00 EUR

# DVD Wu Shu

## DVD Wu Shu


Olympic WuShu
Xu Huihui & David Torres

DVD Olympic Wu Shu
Ref. DVD/WUSHU1
Price Inc. Tax......20,00 EUR

WU SHU
FAN XING MING
SAN CHI KUN
(The three part stick)

DVD Wu Shu San Jie Gun The 3 Section Staff
Ref. DVD/FAN2
Price Inc. Tax......20,00 EUR

EL PALO DEL MONO
IL BASTONE DELLA SCIMMIA
WU SHU
FAN XING MING

DVD Wu Shu Hou Kun The Monkey Staff
Ref. DVD/FAN1
Price Inc. Tax......20,00 EUR

# DVD Wing Chun

# DVD Wing Chun

Master Cameron
Wing Chun
International

DVD Wing Chun International WCI
Ref. DVD/Cameron1
Price Inc. Tax......20,00 EUR

IP Man
Wing Chun
Kung Fu
Sifu Markus
Schinhammer

DVD Ip Man Wing Chun Kung Fu
Ref. DVD/IMWC1
Price Inc. Tax......20,00 EUR

Kyusho & Tegumi
in Wing Chun Siu Nim Tao
Evan Pantazi

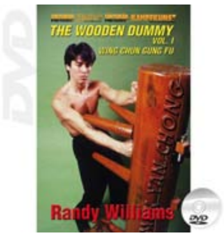
DVD Kyusho & Tegumi in Wing Chun Siu Nim Tao
Ref. DVD/KYUSHO28
Price Inc. Tax......20,00 EUR

LAT SAO
Advanced
Wing Tsun
Sifu Salvador Sánchez

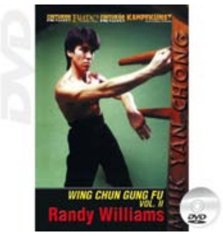
DVD Wing Tsun Lat Sao Advanced. TAOWS Academy
Ref. DVD/TAOWS4
Price Inc. Tax......20,00 EUR

Evan Pantazi
Siu Nim Tao

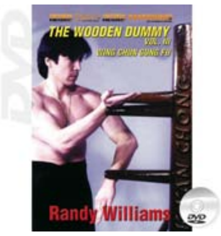
DVD Kyusho Jitsu in Forms Siu Nim Tao
Ref. DVD/KYUSHO12
Price Inc. Tax......20,00 EUR


THE WOODEN DUMMY
VOL. I
WING CHUN GUNG FU
Randy Williams

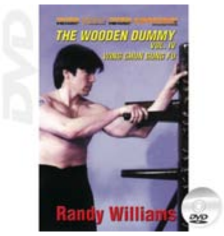
DVD Wing Chun Wooden Dummy Form Part 1
Ref. DVD/MUKRAN1
Price Inc. Tax......20,00 EUR


WING CHUN GUNG FU
VOL. II
Randy Williams

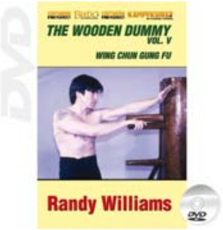
DVD Wing Chun Wooden Dummy Form Part 2
Ref. DVD/MUKRAN2
Price Inc. Tax......20,00 EUR


THE WOODEN DUMMY
VOL. III
WING CHUN GUNG FU
Randy Williams

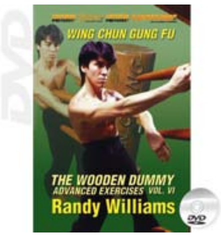
DVD Wing Chun Wooden Dummy Form Part 3
Ref. DVD/MUKRAN3
Price Inc. Tax......20,00 EUR


THE WOODEN DUMMY
VOL. IV
WING CHUN GUNG FU
Randy Williams

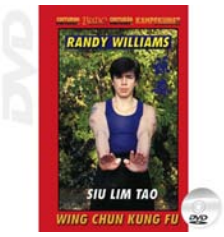
DVD Wing Chun Wooden Dummy Form Part 4
Ref. DVD/MUKRAN4
Price Inc. Tax......20,00 EUR


THE WOODEN DUMMY
VOL. V
WING CHUN GUNG FU
Randy Williams

DVD Wing Chun Wooden Dummy Form Basic Drills
Ref. DVD/MUKRAN5
Price Inc. Tax......20,00 EUR


WING CHUN GUNG FU
THE WOODEN DUMMY
ADVANCED EXERCISES VOL. VI
Randy Williams

DVD Wing Chun Wooden Dummy Form Advanced Drills
Ref. DVD/MUKRAN6
Price Inc. Tax......20,00 EUR

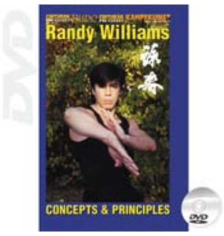

RANDY WILLIAMS
SIU LIM TAO
WING CHUN KUNG FU

DVD Wing Chun Kung Fu Siu Lim Tao
Ref. DVD/RANDY1
Price Inc. Tax......20,00 EUR

# DVD Wing Chun

DVD Wing Chun Kung Fu Chum Kiu
Ref. DVD/RANDY2
Price Inc. Tax......20,00 EUR

DVD Wing Chun Kung Fu Biu Jee
Ref. DVD/RANDY3
Price Inc. Tax......20,00 EUR



DVD Wing Chun Kung Fu Concepts and priciples
Ref. DVD/RANDY4
Price Inc. Tax......20,00 EUR

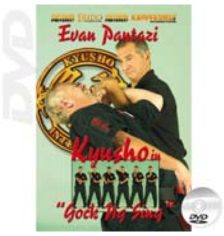
DVD Wing Chun Traditional vol 1
Ref. DVD/WCH1
Price Inc. Tax......20,00 EUR

DVD Wing Chun Traditional vol 2
Ref. DVD/WCH2
Price Inc. Tax......20,00 EUR

DVD WTU Chum Kiu Form & Applications
Ref. DVD/WTU2
Price Inc. Tax......20,00 EUR

DVD Wing Tsun Universe. Siu Nim Tao Form & Applications
Ref. DVD/WTU1
Price Inc. Tax......20,00 EUR

DVD Wing Tsun Self Defense
Ref. DVD/WTINCE1
Price Inc. Tax......20,00 EUR



DVD Kyusho Gock'Ng 'Sing
Ref. DVD/KYUSHO14
Price Inc. Tax......20,00 EUR

DVD Chi Sao Wing Tsun TAOWS Academy
Ref. DVD/TAOWS3
Price Inc. Tax......20,00 EUR

DVD Weng Chun Kung Fu
Ref. DVD/WENG
Price Inc. Tax......20,00 EUR

DVD Weng Chun Kung Fu Vol2
Ref. DVD/WENG2
Price Inc. Tax......20,00 EUR

# DVD Wing Chun

WENG CHUN KUNG FU
FA KUEN
SIFU ANDREAS HOFMANN
DVD

DVD Weng Chun Kung Fu Fa Kuen
Ref. DVD/WENG3
Price Inc. Tax......20,00 EUR

# DVD Wing Tsun

## DVD Wing Tsun

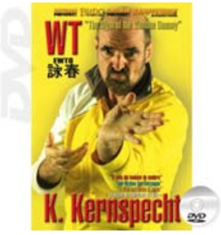
DVD Wing Tsun Lat Sao Advanced. TAOWS Academy
Ref. DVD/TAOWS4
Price Inc. Tax......20,00 EUR

DVD WTU Chum Kiu Form & Applications
Ref. DVD/WTU2
Price Inc. Tax......20,00 EUR

DVD Wing Tsun Self Defense
Ref. DVD/WTINCE1
Price Inc. Tax......20,00 EUR

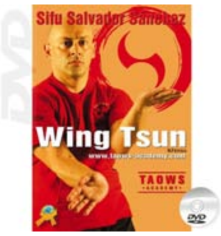
DVD Wing Tsun Universe. Siu Nim Tao Form & Applications
Ref. DVD/WTU1
Price Inc. Tax......20,00 EUR

DVD Wing Revolution Combat Fundamentals
Ref. DVD/WR1
Price Inc. Tax......20,00 EUR



DVD WingTsun The Mith of the Wooden Dummy
Ref. DVD/WTK
Price Inc. Tax......20,00 EUR

DVD Wing Tsun Right or Wrong?
Ref. DVD/LT
Price Inc. Tax......20,00 EUR



DVD Wing Tsun Taows Academy
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Price Inc. Tax......20,00 EUR

DVD Wing Tsun Advanced TAOWS Academy
Ref. DVD/TAOWS2
Price Inc. Tax......20,00 EUR

DVD Chi Sao Wing Tsun TAOWS Academy
Ref. DVD/TAOWS3
Price Inc. Tax......20,00 EUR

DVD Wing Tsun Alliance and Escrima
Ref. DVD/WTAL
Price Inc. Tax......20,00 EUR

DVD WingTsun Combat Techniques
Ref. DVD/WTS1
Price Inc. Tax......20,00 EUR

## DVD Wing Tsun

DVD WingTsun Wooden Dummy Street Aplications
Ref. DVD/WTS10
Price Inc. Tax......20,00 EUR

DVD WingTsun Re-Evolution
Ref. DVD/WTS11
Price Inc. Tax......20,00 EUR

DVD WT Re-Evolution 2
Ref. DVD/WTS12
Price Inc. Tax......20,00 EUR

DVD WingTsun Combat Program
Ref. DVD/WTS13
Price Inc. Tax......20,00 EUR

DVD WingTsun Anti-grappling
Ref. DVD/WTS2
Price Inc. Tax......20,00 EUR

DVD WingTsun Street Shock Vol 1
Ref. DVD/WTS3
Price Inc. Tax......20,00 EUR

DVD WingTsun Street Shock Vol 2
Ref. DVD/WTS4
Price Inc. Tax......20,00 EUR

DVD WingTsun Lat Sao
Ref. DVD/WTS5
Price Inc. Tax......20,00 EUR

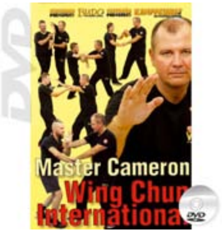
DVD WingTsun Chi Sao Vol1
Ref. DVD/WTS6
Price Inc. Tax......20,00 EUR

DVD WingTsun Chi Sao Vol2
Ref. DVD/WTS7
Price Inc. Tax......20,00 EUR

DVD WingTsun Advanced Combat
Ref. DVD/WTS8
Price Inc. Tax......20,00 EUR

DVD WingTsun AntiGrappling & Chi Gerk
Ref. DVD/WTS9
Price Inc. Tax......20,00 EUR

# DVD Wing Tsun



DVD Wing Chun International WCI
Ref. DVD/Cameron1
Price Inc. Tax......20,00 EUR

## DVD Other Styles China

## DVD Other Styles China

Tong Long Pai
南派螳螂
Southern Praying Mantis
Sifu Sapir Ta

DVD Tong Long Pai. Southern Praying Mantis
Ref. DVD/SAPIR1
Price Inc. Tax......20,00 EUR

Master Chang Da-Wei
Bao-Din Shuai Chiao
Sanshou Chiao

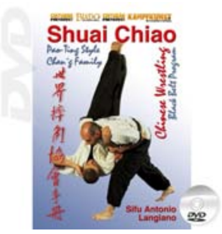
DVD Bao-Din Shuai Chiao
Ref. DVD/CHANG
Price Inc. Tax......20,00 EUR

Antonio Langiano
Shuai-Chiao Chinese Wrestling

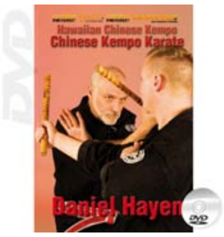
DVD Bao-Din Shuai Chiao Advanced Program
Ref. DVD/CHIAO3
Price Inc. Tax......20,00 EUR

Shuai Chiao
Combat

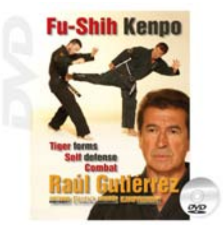
DVD Bao-Din Shuai Chiao Combat
Ref. DVD/CHIAO2
Price Inc. Tax......20,00 EUR


Shuai Chiao
Pao-Ting Style
Chan's Family
Chinese Wrestling
Black Belt Program
Sifu Antonio Langiano

DVD Shuai Chiao Black Belt Program
Ref. DVD/CHIAO1
Price Inc. Tax......20,00 EUR


Hawaiian Chinese Kempo
Chinese Kempo Karate
Daniel Hayen

DVD Chinese Kempo Karate
Ref. DVD/HAYEN1
Price Inc. Tax......20,00 EUR


Fu-Shih Kenpo
Tiger forms
Self defense
Combat
Raúl Gutierrez

DVD Fu Shih Kenpo Vol.2 Tiger Forms & Self Defense
Ref. DVD/FUSHIH2
Price Inc. Tax......20,00 EUR

Jose Miguel Antolin
Sanda

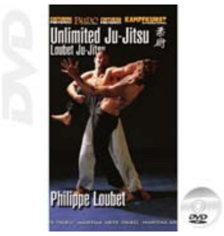
DVD Sanda Ming Chuan Kung Fu
Ref. DVD/SANDA
Price Inc. Tax......20,00 EUR

Gham Long Pai Kung Fu
Sijou Van Der Spek
Kung Fu & Self defense

DVD Gham Long Pai Kung Fu
Ref. DVD/VDSPEK1
Price Inc. Tax......20,00 EUR

# DVD Judo and Ju-Jitsu

## DVD Judo and Ju-Jitsu


Unlimited Ju-Jitsu
Philippe Loubet

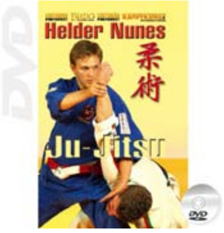
DVD Unlimited Ju Jitsu
Ref. DVD/LOU2
Price Inc. Tax......20,00 EUR

Shidoshi Jordan Augusto
Ju Jutsu - Torite

DVD Ju-Jutsu Torite
Ref. DVD/JTORITE
Price Inc. Tax......20,00 EUR

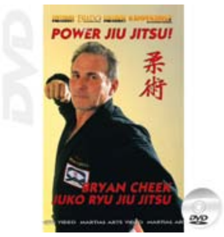
Hanshi Eduardo Sanchez
Jukoshin Ryu Jiu Jitsu

DVD Jukoshin Ryu Jiu Jitsu
Ref. DVD/EDSAN1
Price Inc. Tax......20,00 EUR


Helder Nunes
Ju-Jitsu

DVD Jiu Jitsu Kyoo Soku Seishin Ryu
Ref. DVD/NUNES
Price Inc. Tax......20,00 EUR

DVD Judo Atemi
Ref. DVD/JUDOIT
Price Inc. Tax......20,00 EUR


POWER JIU JITSU!
BRYAN CHEEK
JUKO RYU JIU JITSU

DVD Power Jiu Jitsu Juko Ryu Jiu Jitsu Vol 2
Ref. DVD/JUKO2
Price Inc. Tax......20,00 EUR

Kodokan JUDO
Kyuzo Mifune 10 Dan

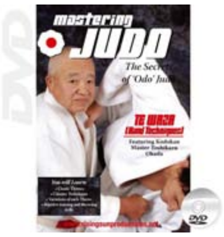
DVD Kodokan Judo Mifune
Ref. DVD/BC24
Price Inc. Tax......20,00 EUR

Israeli Jiu Jitsu
Avi Nardia

DVD Kapap Israeli Jiu Jitsu & Martial Arts
Ref. DVD/KAPAP9
Price Inc. Tax......20,00 EUR

mastering JUDO
The Secrets of Odo Judo
Introduction

DVD Mastering Judo Introduction
Ref. DVD/JUDO1
Price Inc. Tax......20,00 EUR


mastering JUDO
TE WAZA

DVD Mastering Judo Te Waza Hand Techniques
Ref. DVD/JUDO2
Price Inc. Tax......20,00 EUR

mastering JUDO
KOSHI WAZA

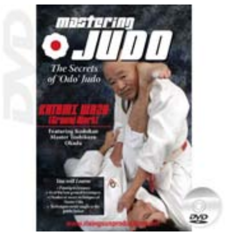
DVD Mastering Judo Koshi Waza Hip Techniques
Ref. DVD/JUDO3
Price Inc. Tax......20,00 EUR

mastering JUDO
The Secrets of Odo Judo

DVD Mastering Judo Ashi Waza Foot & Leg Techniques
Ref. DVD/JUDO4
Price Inc. Tax......20,00 EUR

# DVD Judo and Ju-Jitsu

DVD Mastering Judo Sutemi Waza
Sacrifice Techniques
Ref. DVD/JUDO5
Price Inc. Tax......20,00 EUR

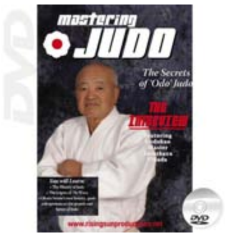


DVD Mastering Judo Katami Waza
Ground Work
Ref. DVD/JUDO6
Price Inc. Tax......20,00 EUR

DVD Mastering Judo Shime Waza
Strangulation Techniques
Ref. DVD/JUDO7
Price Inc. Tax......20,00 EUR

DVD Mastering Judo Kensetsu Waza
Joint Locking
Ref. DVD/JUDO8
Price Inc. Tax......20,00 EUR

DVD Mastering Judo Ne Waza Clinic
Ref. DVD/JUDO9
Price Inc. Tax......20,00 EUR

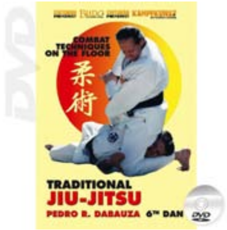


DVD Mastering Judo Master Okada
Interview
Ref. DVD/JUDO10
Price Inc. Tax......20,00 EUR

DVD Loubet Jiu-jitsu
Ref. DVD/LOU1
Price Inc. Tax......20,00 EUR

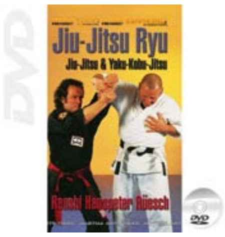
DVD Judo Classics Jigoro Kano
Ref. DVD/BC16
Price Inc. Tax......20,00 EUR

DVD Budo Goshin Jutsu Ryu
Ref. DVD/DAB5
Price Inc. Tax......20,00 EUR



DVD Traditional Ju Jitsu Vol 4 Ground
Combat
Ref. DVD/DAB4
Price Inc. Tax......20,00 EUR

DVD Jiu Jitsu Ryu SDA Vol 2
Ref. DVD/JJRYU2
Price Inc. Tax......20,00 EUR

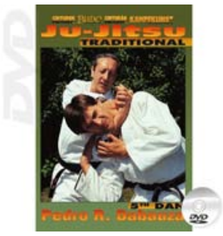


DVD Jiu Jitsu Ryu SDA Vol 1
Ref. DVD/JJRYU
Price Inc. Tax......20,00 EUR

## DVD Judo and Ju-Jitsu

DEFENSE TECHNIQUES STANDING
TRADITIONAL
JIU-JITSU
PEDRO R. DABAUZA 6th DAN

DVD Traditional Ju Jitsu Vol 3 Upright Techniques
Ref. DVD/DAB3
Price Inc. Tax......20,00 EUR


JU-JITSU
TRADITIONAL
Pedro R. Dabauza

DVD Traditional Jujitsu Vol 1
Ref. DVD/JUJ
Price Inc. Tax......20,00 EUR

Ju Jutsu Do Combat
Colonel Sanchis

DVD Ju Jutsu Do Combat
Ref. DVD/SAN3
Price Inc. Tax......20,00 EUR

BRYAN CHEEK

DVD Juko Ryu Jiu Jitsu Vol 1
Ref. DVD/JUKO
Price Inc. Tax......20,00 EUR

2
Israeli Jiu Jitsu
Avi Nardia

DVD Kapap Israeli Jiu Jitsu Vol.2
Ref. DVD/KAPAP10
Price Inc. Tax......20,00 EUR

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# DVD Iaido

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# DVD Iaido

Yoshitoki Hataya Sensei
Toyama Ryu Iaido

DVD Toyama Ryu Iaido
Ref. DVD/TOYAMA2
Price Inc. Tax......20,00 EUR

TOYAMA-RYU
BATTO-JUTSU
Masaharu Mukai Sensei

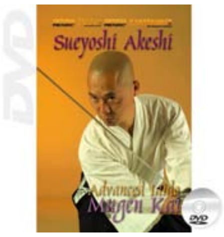
DVD Toyama Ryu Batto Jutsu
Ref. DVD/TOYAMA1
Price Inc. Tax......20,00 EUR

Sueyoshi Akeshi
Kihon Waza
Mugen Kai

DVD Iaido Kihon Waza
Ref. DVD/IAIDO7
Price Inc. Tax......20,00 EUR

Kumi Dachi
Iaido-Shinai
Sueyoshi Akeshi

DVD Iaido Shinai
Ref. DVD/IAIDO5
Price Inc. Tax......20,00 EUR


Sueyoshi Akeshi
Advanced Iaido
Mugen Kai

DVD Advanced Iaido Mugen Kai System
Ref. DVD/IAIDO4
Price Inc. Tax......20,00 EUR

Iaido
Sueyoshi Akeshi

DVD Iaido Vol 3 Mugenkai
Ref. DVD/IAIDO3
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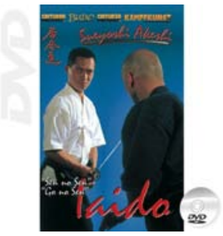
Sueyoshi Akeshi
Iaido

DVD Iaido Vol 2 Sen No Sen, Go No Sen
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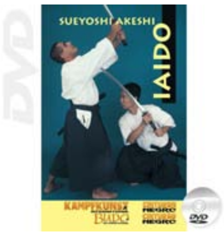
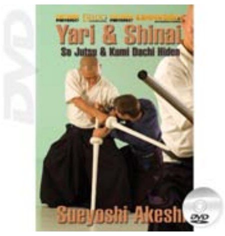
Price Inc. Tax......20,00 EUR


SUEYOSHI AKESHI
IAIDO

DVD Iaido Vol 1
Ref. DVD/IAIDO
Price Inc. Tax......20,00 EUR


Yari & Shinai
Sueyoshi Akeshi

DVD Yari and Shinai
Ref. DVD/IAIDO6
Price Inc. Tax......20,00 EUR

1
Tenshin Ryu
Hyoho
Kuwami Masakuma
Ide Ryusetsu

DVD Tenshin-Ryu Hyoho Vol.1
Ref. DVD/TENSHIN1
Price Inc. Tax......20,00 EUR

2
Tenshin Ryu
Hyoho
Kuwami Masakuma
Ide Ryusetsu

DVD Tenshin-Ryu Hyoho Vol.2
Ref. DVD/TENSHIN2
Price Inc. Tax......20,00 EUR

3
Tenshin Ryu
Hyoho
Kuwami Masakuma
Ide Ryusetsu

DVD Tenshin-Ryu Hyoho Vol.3
Ref. DVD/TENSHIN3
Price Inc. Tax......20,00 EUR

# DVD Karate

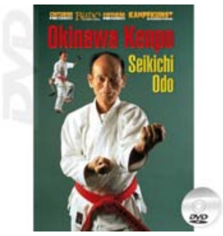
# DVD Karate

Shoryn Ryu
Kyudokan
Mazato Higa 9th Dan

DVD Shoryn Ryu Karate Kyudokan
Ref. DVD/SHORIN1
Price Inc. Tax......20,00 EUR

SEIKICHI
UEHARA
MOTOBU UDUNTI
OKINAWA BUJUTSU

DVD Okinawa Bujutsu Motobu Udunti
Ref. DVD/SU
Price Inc. Tax......20,00 EUR


Okinawa Kenpo
Seikichi
Odo

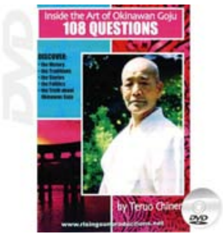
DVD Okinawa KenpoOdo
Ref. DVD/ODO1
Price Inc. Tax......20,00 EUR

OKINAWA SHIMA HA
SHORIN-RYU KARATE-JUTSU

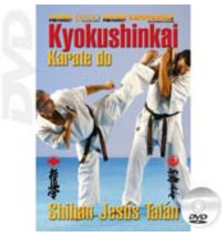
DVD Okinawa Shima-Ha Shorin-Ryu
Karate Jutsu
Ref. DVD/OSHIRO1
Price Inc. Tax......20,00 EUR

HIROKAZU KANAZAWA
Mastering
KARATE
Kumite

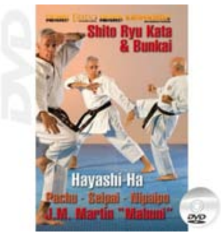
DVD Mastering Karate Kumite
Ref. DVD/KANA7
Price Inc. Tax......20,00 EUR


Inside the Art of Okinawan Goju
108 QUESTIONS
by Teruo Chinen

DVD Goju Ryu Karate Vol 7 Interview
Ref. DVD/CHINEN7
Price Inc. Tax......20,00 EUR


Kyokushinkai
Karate do
Shihan Jesús Talán

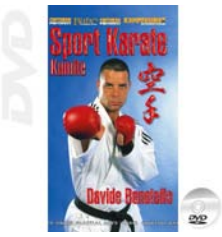
DVD Kyokushinkai Karate
Ref. DVD/KYOKU1
Price Inc. Tax......20,00 EUR


Shito Ryu Kata
& Bunkai
Hayashi-Ha
O.M. Martín "Malumi"

DVD Karate Shito-Ryu Hayashi-Ha Kata
& Bunkai
Ref. DVD/SHITO3
Price Inc. Tax......20,00 EUR

Best Karate Kumite
空手
GM George Bierman

DVD Best Karate Kumite
Ref. DVD/BIERMAN3
Price Inc. Tax......20,00 EUR


Sport Karate
Kumite
空手
Davide Benetello

DVD Sport Karate Kumite
Ref. DVD/BENE1
Price Inc. Tax......20,00 EUR

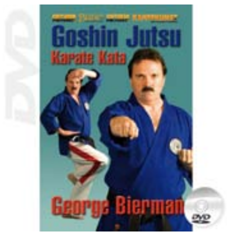
SHOTOKAN KARATE INTERNATIONAL
HIROKAZU
KANAZAWA

DVD Shotokan Karate International
Ref. DVD/KANA
Price Inc. Tax......20,00 EUR

OKINAWA GOJU-RYU SEIBUKAI
空手
KINEI
NAKASONE

DVD Okinawa Goju Ryu Seibukai Karate
Ref. DVD/NAKA
Price Inc. Tax......20,00 EUR

# DVD Karate


Goshin Jutsu
Karate Kata
George Bierman

DVD Goshin Jutsu Kata
Ref. DVD/BIERMAN2
Price Inc. Tax......20,00 EUR

SHITO RYU KATA
MABUNI

DVD Shito Ryu Karate Pinan Kata and Bunkai Vol 2
Ref. DVD/SHITO2
Price Inc. Tax......20,00 EUR

SHITO RYU KATA

DVD Shito Ryu Karate Pinan Kata & Bunkai Vol 1
Ref. DVD/SHITO1
Price Inc. Tax......20,00 EUR

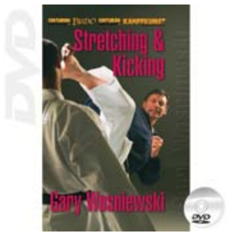
GOJU RYU KARATE-DO
YOSUKE YAMASHITA

DVD Goju Ryu Karate Yamashita
Ref. DVD/YOSU
Price Inc. Tax......20,00 EUR

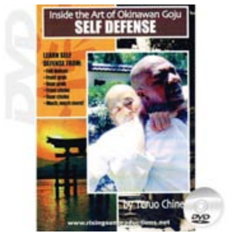
Uechi Ryu Karate Do
Gustavo Gondra

DVD Uechi Ryu Karate
Ref. DVD/UECHI1
Price Inc. Tax......20,00 EUR

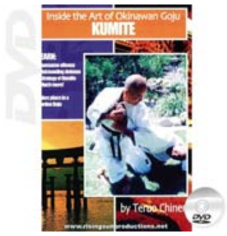
DVD To-De Karate The hand of the infinite
Ref. DVD/TODE
Price Inc. Tax......20,00 EUR


Stretching &
Kicking
Gary Wasniewski

DVD TY-GA Karate Stretching & Kicking
Ref. DVD/TYGA
Price Inc. Tax......20,00 EUR


Inside the Art of Okinawan Goju
SELF DEFENSE
by Teruo Chinen

DVD Goju Ryu Karate Vol 6 Self Defense
Ref. DVD/CHINEN6
Price Inc. Tax......20,00 EUR


Inside the Art of Okinawan Goju
KUMITE
by Teruo Chinen

DVD Goju Ryu Karate Vol 5 Kumite
Ref. DVD/CHINEN5
Price Inc. Tax......20,00 EUR

Inside the Art of Okinawan Goju
KATA BUNKAI OYO Part 2
by Teruo Chinen

DVD Goju Ryu Karate Vol 4 Bunkai-2
Ref. DVD/CHINEN4
Price Inc. Tax......20,00 EUR

Inside the Art of Okinawan Goju
KATA BUNKAI OYO Part 1
by Teruo Chinen

DVD Goju Ryu Karate Vol 3 Bunkai-1
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Inside the Art of Okinawan Goju
GOJU RYU KARATE · THE MEANING
by Teruo Chinen

DVD Goju Ryu Karate Vol 2 The Meaning
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# DVD Karate

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Sensei Teruo Chinen

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Dan Kata

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Hirokazu Kanazawa
Mastering Karate
Kyu Kata

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Hirokazu Kanazawa
Shotokan Karate
Kihon-Ido

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Hirokazu Kanazawa
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Hirokazu Kanazawa
Shotokan Karate
Te-Waza

DVD Mastering Karate Te Waza
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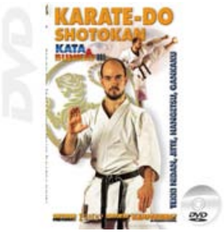
Karate-Do
Shotokan

DVD Karate-do Shotokan Kata & Bunkai Vol3
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Karate-Do
Shotokan
Jesus Fernandez

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Karate Masters 50's
Nakayama, Enoeda, Kanazawa, Obata...
Japan Karate Association
JKA
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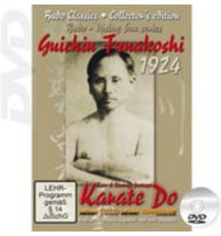

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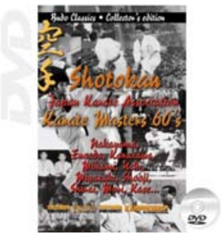

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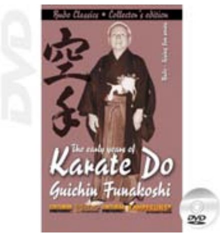

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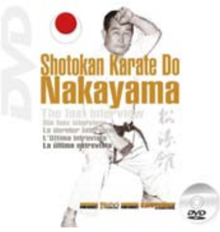

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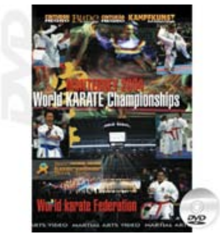

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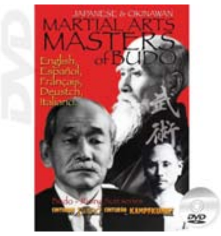

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Ref. DVD/RS610
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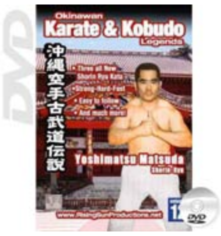

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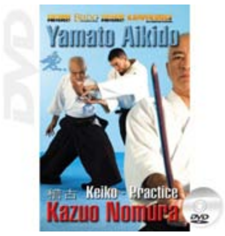
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Keiko - Practice
Kazuo Nomura

DVD Aikido Osaka Aikikai vol3 Keiko
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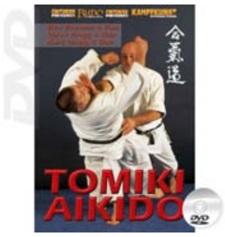
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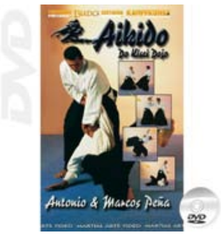

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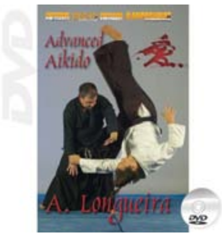

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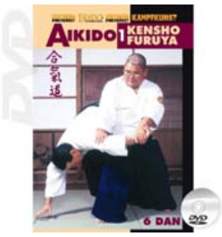

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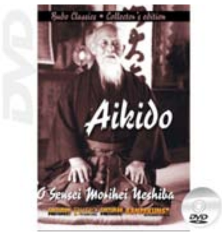

DVD Aikido Classics MUeshiba
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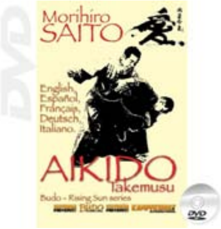

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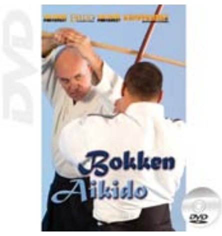

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DVD Aikido 100% Kokkyu Nage
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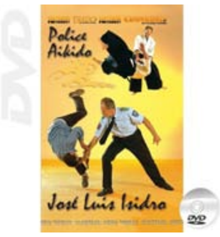

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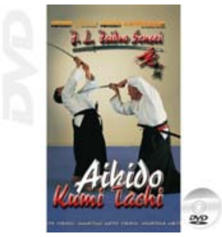

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MASTERS
of BUDO
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Italiano
武術
DVD

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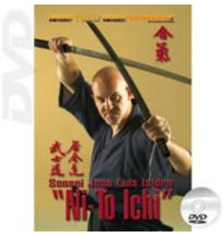
合気
"Ni-To Ichi"
DVD

DVD Aikido Ni-To Ichi
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# DVD Kobudo

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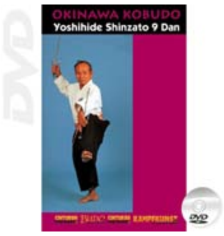
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Yoshihide Shinzato 9 Dan
DVD

DVD Okinawa Kobudo Shorin Ryu Karate-do
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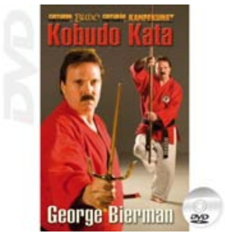
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George Bierman
DVD

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KOBUDO
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Bo Jitsu
DVD

DVD Bo Jitsu Okinawa
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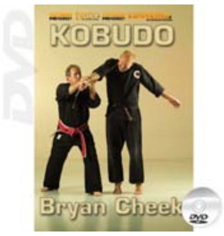
KOBUDO
Bryan Cheek
DVD

DVD Webbs Kobudo
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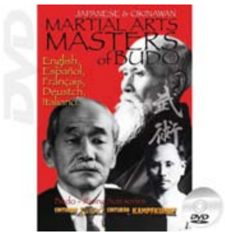
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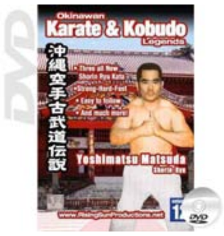

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DVD Yoshitsune Senega Uechi Ryu. Okinawa Karate Kobudo Vol.20
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# DVD Ninjutsu

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Masaaki Hatsumi Sensei
Taikai 2001, Madrid

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Iga Ryu Ninja
Ninjutsu
Juan Hombre

DVD Iga Ryu Ninjutsu Empty Hands Techniques
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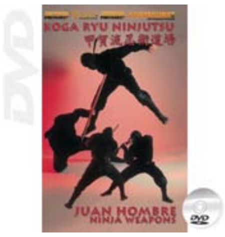
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JUAN HOMBRE
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DVD Koga Ryu Ninjutsu Weapons
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KOGA RYU NINJUTSU
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DVD Koga Ryu Ninjutsu Empty Hands
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DVD Tenshin-Ryu Hyoho Vol.3
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DVD Tenshin-Ryu Hyoho Vol.1
Ref. DVD/TENSHIN1
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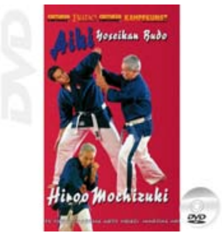
DVD Tenshin-Ryu Hyoho Vol.2
Ref. DVD/TENSHIN2
Price Inc. Tax......20,00 EUR

DVD Advanced Kendo
Ref. DVD/KENDO2
Price Inc. Tax......20,00 EUR

DVD Yoseikan Budo complete course
Ref. DVD/HIRO3
Price Inc. Tax......20,00 EUR



DVD Aiki Yoseikan Budo
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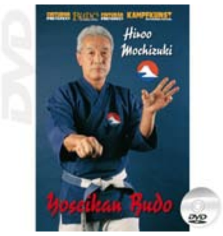

DVD Yoseikan Budo
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DVD Bugei Kusari-Jutsu
Ref. DVD/EBUGEI1
Price Inc. Tax......20,00 EUR

DVD Fuji Ryu Tai Jutsu
Ref. DVD/TAIJ
Price Inc. Tax......20,00 EUR

DVD Bugei Koppo-Jutsu
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Bugei Enciclopedias
Aiki Jujutsu
Shidoshi Jordan & Juliana

DVD Bugei Aiki Jujutsu Vol2
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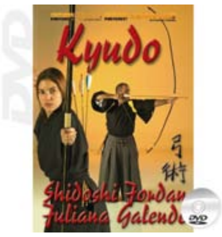
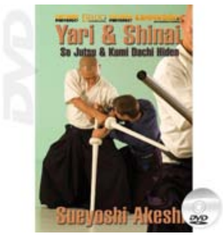
Price Inc. Tax......20,00 EUR

DVD Kendo
Ref. DVD/KENDO
Price Inc. Tax......20,00 EUR


Kyudo
Shidoshi Jordan
Juliana Galende

DVD Kyudo Kyu-Jitsu
Ref. DVD/KYUDO1
Price Inc. Tax......20,00 EUR


Yari & Shinai
Sueyoshi Akeshi

DVD Yari and Shinai
Ref. DVD/IAIDO6
Price Inc. Tax......20,00 EUR

NIHON TAIJITSU
J. MORENO

DVD Nihon Taijitsu Vol 1 Defense against Front Grabs
Ref. DVD/NT1
Price Inc. Tax......20,00 EUR

NIHON TAIJITSU
J. MORENO

DVD Nihon Taijitsu Vol 2 Defense against Front Attacks
Ref. DVD/NT2
Price Inc. Tax......20,00 EUR

MASTER PEREZ CARRILLO
YAWARA JITSU

DVD Yawara Jitsu
Ref. DVD/YAW
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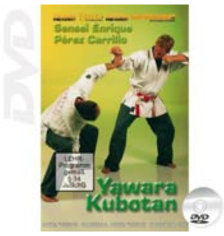

Sensei Enrique Pérez Carrillo
Yawara Kubotan

DVD Yawara Kubotan
Ref. DVD/YAW2
Price Inc. Tax......20,00 EUR

KEMPO
Master Kimo

DVD Kempo Jutsu
Ref. DVD/KIMO
Price Inc. Tax......20,00 EUR

Sueyoshi Akeshi
Shugendo

DVD Shugendo
Ref. DVD/SASHU
Price Inc. Tax......20,00 EUR

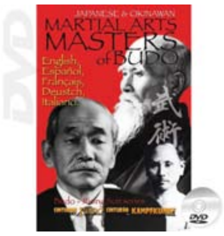
Bugei Enciclopedias
Aiki Jujutsu
Jordan & Juliana

DVD Bugei Aiki-Jujutsu
Ref. DVD/EBUGEI2
Price Inc. Tax......20,00 EUR

# DVD Other Styles Japan

Shidoshi Jordan
Bugei Ogawa Ryu

DVD Bugei Ogawa Ryu
Ref. DVD/BUGEI1
Price Inc. Tax......20,00 EUR


MARTIAL ARTS MASTERS of BUDO

DVD Classic Martial Arts Masters of Budo Japan & Okinawa
Ref. DVD/BC8
Price Inc. Tax......20,00 EUR

SA SUEYOSHI
Jo Jutsu

DVD Jo Jutsu
Ref. DVD/JO
Price Inc. Tax......20,00 EUR

GENBUKAN NINPO BUGEI
AMATSU TATARA BUMON
PETER VERMEEREN

DVD Genbukan Ninpo Bugei
Ref. DVD/VERME1
Price Inc. Tax......20,00 EUR

NAGINATA
SUEYOSHI AKESHI

DVD Naginata & Kumidashi Kihon
Ref. DVD/NAGI1
Price Inc. Tax......20,00 EUR

Tak Kubota
KUBOTAN

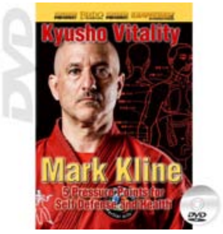
DVD Kubotan
Ref. DVD/KUBOT1
Price Inc. Tax......20,00 EUR

Hanshi Eduardo Sanchez
Jukoshin Ryu Jiu Jitsu

DVD Jukoshin Ryu Jiu Jitsu
Ref. DVD/EDSAN1
Price Inc. Tax......20,00 EUR

# DVD Kyusho Jitsu

# DVD Kyusho Jitsu


Kyusho Vitality
Mark Kline
5 Pressure Points for Self Defense and Health

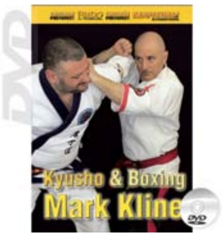
DVD Kyusho Vitality. 5 Pressure Points for Self Defense and He...
Ref. DVD/KLINE4
Price Inc. Tax......20,00 EUR

Kyusho & Tegumi
in Wing Chun Siu Nim Tao
Evan Pantazi

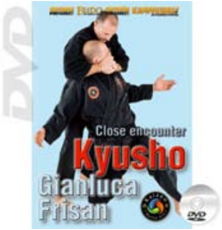
DVD Kyusho & Tegumi in Wing Chun Siu Nim Tao
Ref. DVD/KYUSHO28
Price Inc. Tax......20,00 EUR

Kyusho & Pencak Silat
Gianluca Frisan & Denis Breceva

DVD Kyusho & Pencak Silat
Ref. DVD/KFRISAN3
Price Inc. Tax......20,00 EUR


Kyusho & Boxing
Mark Kline

DVD Kyusho and Boxing Connection
Ref. DVD/KLINE3
Price Inc. Tax......20,00 EUR


Close encounter
Kyusho
Gianluca Frisan

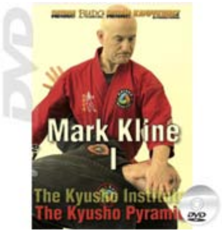
DVD Kyusho 2, Close Encounter
Ref. DVD/KFRISAN2
Price Inc. Tax......20,00 EUR

EVAN PANTAZI
Kyusho Tactical Control Program (KTCP) ©
Kyusho International Inc.

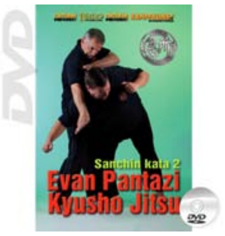
DVD Kyusho Tactical Control Program Module 1
Ref. DVD/KYUSHO22
Price Inc. Tax......20,00 EUR

Mark Kline
II
The Kyusho Institute
The Kyusho Pyramid

DVD Kyusho Pyramid Vol.2
Ref. DVD/KLINE2
Price Inc. Tax......20,00 EUR


Mark Kline
I
The Kyusho Institute
The Kyusho Pyramid

DVD Kyusho Pyramid Vol.1
Ref. DVD/KLINE1
Price Inc. Tax......20,00 EUR


Sanchin kata 2
Evan Pantazi
Kyusho Jitsu

DVD Kyusho Sanchin Kata Vol.2
Ref. DVD/KYUSHO26
Price Inc. Tax......20,00 EUR

Kyusho
First encounter
Gianluca Frisan

DVD Kyusho, First Encounter
Ref. DVD/KFRISAN1
Price Inc. Tax......20,00 EUR

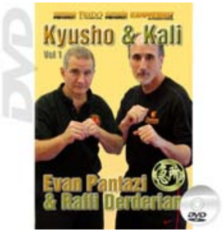
Kyusho International
Evan Pantazi

DVD Kyusho Handicap
Ref. DVD/KYUSHO27
Price Inc. Tax......20,00 EUR

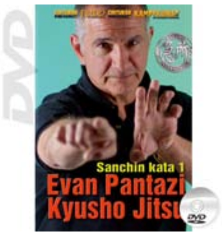
Kyusho & Kali
Vol.2
Evan Pantazi & Raffi Derderian

DVD Kyusho and Kali. Empty Hands Vol.2
Ref. DVD/KYUSHO25
Price Inc. Tax......20,00 EUR

## DVD Kyusho Jitsu


Kyusho & Kali
Evan Pantazi & Raffi Derderian

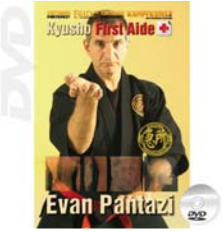
DVD Kyusho and Kali. Empty Hands Vol.1
Ref. DVD/KYUSHO24
Price Inc. Tax......20,00 EUR


Sanchin kata 1
Evan Pantazi
Kyusho Jitsu

DVD Kyusho Sanchin Kata Vol.1
Ref. DVD/KYUSHO23
Price Inc. Tax......20,00 EUR

EVAN PANTAZI
Kyusho DVD
"Kyusho Self Protection" for Women Vital points

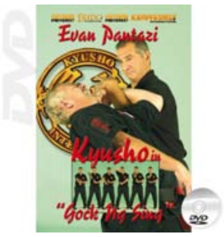
DVD Kyusho Self Protection for Women
Ref. DVD/KYUSHO21
Price Inc. Tax......20,00 EUR


Kyusho First Aide
Evan Pantazi

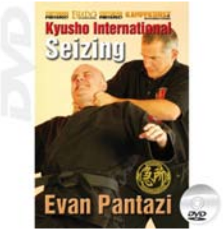
DVD Kyusho First Aide
Ref. DVD/KYUSHO19
Price Inc. Tax......20,00 EUR

Evan Pantazi
Siu Nim Tao
Kyusho International

DVD Kyusho Jitsu in Forms Siu Nim Tao
Ref. DVD/KYUSHO12
Price Inc. Tax......20,00 EUR


Evan Pantazi
Kyusho in
"Gock Ng Sing"

DVD Kyusho Gock'Ng 'Sing
Ref. DVD/KYUSHO14
Price Inc. Tax......20,00 EUR


Kyusho International
Seizing
Evan Pantazi

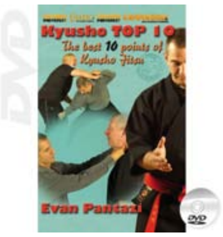
DVD Kyusho Jitsu Seizing
Ref. DVD/KYUSHO18
Price Inc. Tax......20,00 EUR

6 "Ji"
Bubishi
Evan Pantazi
Kyusho International

DVD Kyusho The 6 Ji Hands
Ref. DVD/KYUSHO17
Price Inc. Tax......20,00 EUR

Evan Pantazi
Kyusho International

DVD Kyusho Compressions
Ref. DVD/KYUSHO16
Price Inc. Tax......20,00 EUR


Kyusho TOP 10
The best 10 points of Kyusho Jitsu
Evan Pantazi

DVD Kyusho Jitsu Kyusho Top 10 Points
Ref. DVD/KYUSHO15
Price Inc. Tax......20,00 EUR

Kyusho Jitsu
Tuite
Evan Pantazi

DVD Kyusho Jitsu Tuite Joint Locking
Ref. DVD/KYUSHO8
Price Inc. Tax......20,00 EUR

"Iron Shirt"
Kyusho Jitsu
Evan Pantazi

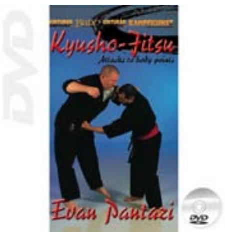
DVD Kyusho Jitsu The Iron Shirt
Ref. DVD/KYUSHO13
Price Inc. Tax......20,00 EUR

# DVD Kyusho Jitsu

DVD Kyusho Jitsu Takedowns & Controls
Ref. DVD/KYUSHO6
Price Inc. Tax......20,00 EUR

DVD Kyusho Jitsu Points on the Legs
Ref. DVD/KYUSHO5
Price Inc. Tax......20,00 EUR

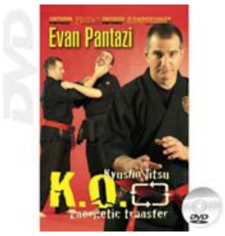
DVD Kyusho Jitsu Points on the Head
Ref. DVD/KYUSHO3
Price Inc. Tax......20,00 EUR



DVD Kyusho Jitsu Points on the Body
Ref. DVD/KYUSHO4
Price Inc. Tax......20,00 EUR

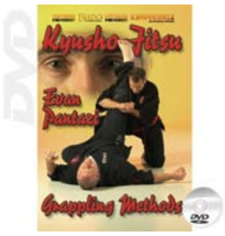
DVD Kyusho Jitsu Points on the Arms
Ref. DVD/KYUSHO2
Price Inc. Tax......20,00 EUR

DVD Kyusho Jitsu Points for Sex Enhancement
Ref. DVD/KYUSHO10
Price Inc. Tax......20,00 EUR

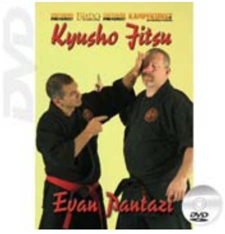


DVD Kyusho Jitsu KO Energetic Transfer
Ref. DVD/KYUSHO11
Price Inc. Tax......20,00 EUR

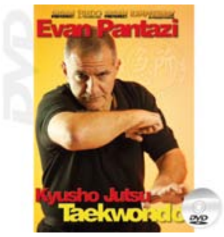
DVD Kyusho Jitsu Vol 1
Ref. DVD/KYUSHO
Price Inc. Tax......20,00 EUR



DVD Kyusho Jitsu Grappling Methods
Ref. DVD/KYUSHO7
Price Inc. Tax......20,00 EUR



DVD Kyusho Jitsu Knife Attacks
Ref. DVD/KYUSHO9
Price Inc. Tax......20,00 EUR



DVD Kyusho in Taekwon Do
Ref. DVD/KYUSHO20
Price Inc. Tax......20,00 EUR

# DVD Capoeira

# DVD Capoeira

DVD Capoeira Brasil
Ref. DVD/CAP4
Price Inc. Tax......20,00 EUR

DVD Capoeira Banzo de Senzala
Ref. DVD/CAP3
Price Inc. Tax......20,00 EUR

DVD Capoeira Gerais
Ref. DVD/CAP2
Price Inc. Tax......20,00 EUR

DVD Capoeira
Ref. DVD/CAP1
Price Inc. Tax......20,00 EUR

# DVD BJJ Brazilian Jiu-Jitsu

## DVD BJJ Brazilian Jiu-Jitsu

Franco Vacirca
Fundamentals
Gracie Jiu Jitsu

DVD Gracie Jiu Jitsu Fundamentals
Ref. DVD/VACIR6
Price Inc. Tax......20,00 EUR

2
Israeli Jiu Jitsu
Avi Nardia

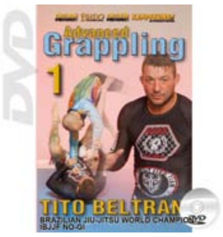
DVD Kapap Israeli Jiu Jitsu Vol.2
Ref. DVD/KAPAP10
Price Inc. Tax......20,00 EUR

BRAZILIAN JIU JITSU
FABRIZIO WERDUM

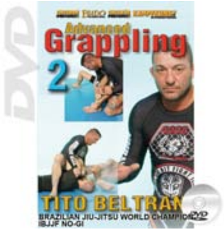
DVD Brazilian Jiu Jitsu Ultimate Competition Techniques 1
Ref. DVD/FABRI1
Price Inc. Tax......20,00 EUR

Israeli Jiu Jitsu
Avi Nardia

DVD Kapap Israeli Jiu Jitsu & Martial Arts
Ref. DVD/KAPAP9
Price Inc. Tax......20,00 EUR


Advanced
Grappling
1
TITO BELTRAN

DVD Advanced Grappling Vol.1
Ref. DVD/TBELTRAN-1
Price Inc. Tax......20,00 EUR


Advanced
Grappling
2
TITO BELTRAN

DVD Advanced Grappling Vol.2
Ref. DVD/TBELTRAN-2
Price Inc. Tax......20,00 EUR

Grandmaster 9 Dan
Francisco Mansur
Brazilian Jiu-Jitsu Bible 2

DVD The Brazilian Jiu-Jitsu Bible Vol 2
Ref. DVD/MANSUR6
Price Inc. Tax......20,00 EUR

Fabrizio Werdum
GM Mansur
Robin Gracie
Vacirca Bros
Golden Series
Poker of Aces
Brazilian Jiu Jitsu
Best of the best

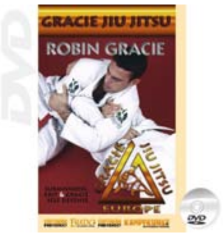
DVD Brazilian Jiu-Jitsu, Poker Of Aces
Ref. DVD/GSBJJ1
Price Inc. Tax......20,00 EUR

VACIRCA BROS.
SELF DEFENSE

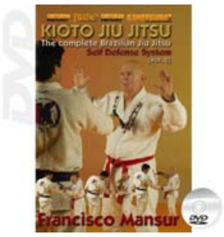
DVD Vacirca Jiu Jitsu Self Defense
Ref. DVD/VACIR5
Price Inc. Tax......20,00 EUR

BRAZILIAN JIU JITSU
ADVANCED TECHNIQUES
Finalizações
柔術
DANIEL REGO

DVD Brazilian Jiu Jitsu Advanced Techniques Vol 2 Submissions
Ref. DVD/REGO5
Price Inc. Tax......20,00 EUR

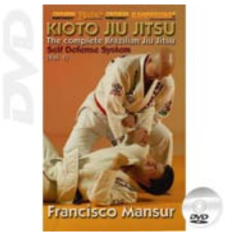

GRACIE JIU JITSU
ROBIN GRACIE
JIU JITSU
EUROPE

DVD Gracie Jiu Jitsu Submissions, escapes and Self Defense
Ref. DVD/GRACIE2
Price Inc. Tax......20,00 EUR

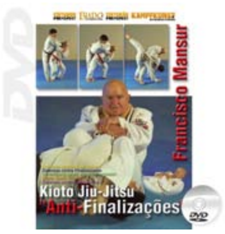

KIOTO JIU JITSU
The complete Brazilian Jiu Jitsu Self Defense System
Francisco Mansur

DVD BJJ Kioto Jiu-Jitsu Self Defense Vol 2
Ref. DVD/MANSUR5
Price Inc. Tax......20,00 EUR

# DVD BJJ Brazilian Jiu-Jitsu

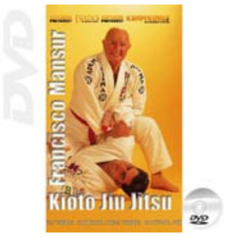


DVD BJJ Kioto Jiu-Jitsu Self Defense Vol 1
Ref. DVD/MANSUR4
Price Inc. Tax......20,00 EUR



DVD BJJ Kioto Jiu Jitsu Defenses against submissions
Ref. DVD/MANSUR3
Price Inc. Tax......20,00 EUR

DVD BJJ Kioto Jiu Jitsu Submissions
Ref. DVD/MANSUR2
Price Inc. Tax......20,00 EUR

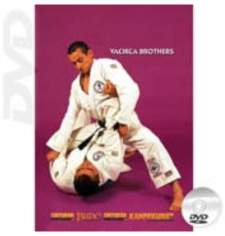


DVD BJJ Brasilian Jiu Jitsu Kioto System
Ref. DVD/MANSUR
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu White to Blue Belt Program
Ref. DVD/VACIR4
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu Conditioning
Ref. DVD/VACIR3
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu Vol 2 Blue Belt Program
Ref. DVD/VACIR2
Price Inc. Tax......20,00 EUR



DVD Brazilian Jiu Jitsu Vol 1
Ref. DVD/VACIR1
Price Inc. Tax......20,00 EUR

DVD Gracie Jiu Jitsu Throws & Self-defense
Ref. DVD/GRACIE1
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu Advanced Techniques Vol 1
Ref. DVD/REGO4
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu The Guard position
Ref. DVD/REGO3
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu Cross & Side Mount
Ref. DVD/REGO2
Price Inc. Tax......20,00 EUR

# DVD BJJ Brazilian Jiu-Jitsu

DVD Brazilian Jiu Jitsu The Mount position
Ref. DVD/REGO1
Price Inc. Tax......20,00 EUR

DVD Brazilian Jiu Jitsu Black Belt Grand Prix
Ref. DVD/BRA1
Price Inc. Tax......20,00 EUR

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# DVD Staff and Cane

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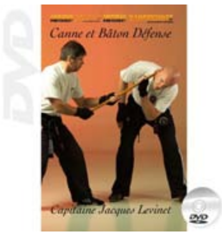
# DVD Staff and Cane

Bertrand Dubreuil
La Canne

DVD La Canne de Combat Combat Cane
Ref. DVD/CANNE1
Price Inc. Tax......20,00 EUR


Canne et Bâton Défense
Capitaine Jacques Levinet

DVD Cane & Staff Defense
Ref. DVD/LEVI6
Price Inc. Tax......20,00 EUR

TOLETE
TRADITIONAL & POLICE WEAPONS

DVD Tolete Canario Traditional & Police Weapon
Ref. DVD/TOLE1
Price Inc. Tax......20,00 EUR

O Jogo do Pau

DVD O Jogo Do Pau The Portuguese Staff
Ref. DVD/NUNO1
Price Inc. Tax......20,00 EUR

Tenerife
Palo Canario

DVD Palo Canario Canarian Stick
Ref. DVD/ACOSTA
Price Inc. Tax......20,00 EUR

GARROTE CANARIO
CARLOS BARRERA

DVD Garrote Canario Canarian Staff
Ref. DVD/GARRO
Price Inc. Tax......20,00 EUR

2
Vovinam Viêt Vô Dao
Patrick Lèvet

DVD Viet Vo Dao Long staff Vol 2. Quyen Tu Tuong Con Phap Form...
Ref. DVD/VIET8
Price Inc. Tax......20,00 EUR

Vovinam Viêt Vô Dao
Patrick Lèvet
CÔN PHÁP
LONG STAFF TECHNIQUES VOL

DVD Viet Vo Dao Con Phap. Long staff Vol.1
Ref. DVD/VIET7
Price Inc. Tax......20,00 EUR

Mark Shuey
Cane Master

DVD American Cane System
Ref. DVD/CANE
Price Inc. Tax......20,00 EUR

SA SUEYOSHI AKESHI
Jo Jutsu

DVD Jo Jutsu
Ref. DVD/JO
Price Inc. Tax......20,00 EUR

Latosa Eskrima
GM Rene LATOSA
Hand Sticks

DVD Latosa Escrima Hand Sticks
Ref. DVD/LAT4
Price Inc. Tax......20,00 EUR

# DVD Kali Arnis Eskrima

## DVD Kali Arnis Eskrima

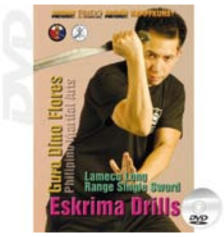
DVD Latosa Escrima Hand Sticks
Ref. DVD/LAT4
Price Inc. Tax......20,00 EUR

DVD Kali Ilustrisimo Laban Laro Drills
Ref. DVD/FLORES3
Price Inc. Tax......20,00 EUR

DVD Kyusho and Kali. Empty Hands Vol.2
Ref. DVD/KYUSHO25
Price Inc. Tax......20,00 EUR

DVD Kyusho and Kali. Empty Hands Vol.1
Ref. DVD/KYUSHO24
Price Inc. Tax......20,00 EUR

DVD Latosa Escrima Edge Weapons Training
Ref. DVD/LAT3
Price Inc. Tax......20,00 EUR



DVD Lameco Eskrima Single Sword
Ref. DVD/FLORES2
Price Inc. Tax......20,00 EUR

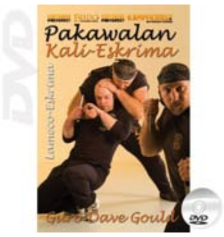
DVD Lameco Eskrima Backyard Sulite Original Group
Ref. DVD/FLORES1
Price Inc. Tax......20,00 EUR

DVD Lameco Eskrima Doble Baston
Ref. DVD/GOULD6
Price Inc. Tax......20,00 EUR

DVD Doce Pares Eskrima
Ref. DVD/STROEV1
Price Inc. Tax......20,00 EUR

DVD Dog Brothers Kali & Krabi Krabong
Ref. DVD/DOG2
Price Inc. Tax......20,00 EUR

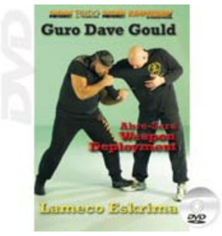
DVD Warriors Eskrima
Ref. DVD/GURO
Price Inc. Tax......20,00 EUR



DVD Lameco Eskrima Essential Knife Vol4 Pakawalan
Ref. DVD/GOULD5
Price Inc. Tax......20,00 EUR

# DVD Kali Arnis Eskrima

DVD Lameco Eskrima Solo-Baston Single Stick
Ref. DVD/GOULD4
Price Inc. Tax......20,00 EUR



DVD Lameco Eskrima Essential Knife 3
Ref. DVD/GOULD3
Price Inc. Tax......20,00 EUR

DVD Lameco Eskrima Essential Knife 2
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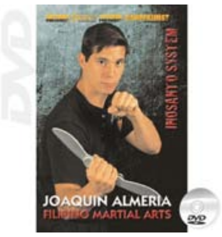
Price Inc. Tax......20,00 EUR

DVD Lameco Eskrima Essential Knife 1
Ref. DVD/GOULD1
Price Inc. Tax......20,00 EUR



DVD Filipino Martial Arts Inosanto System
Ref. DVD/ALM4
Price Inc. Tax......20,00 EUR

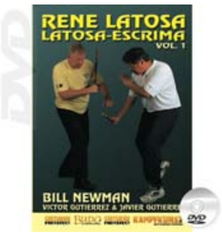
DVD Arnis Tapado Single Stick
Ref. DVD/ARN1
Price Inc. Tax......20,00 EUR

DVD Arnis Tapado Double Stick
Ref. DVD/ARN2
Price Inc. Tax......20,00 EUR

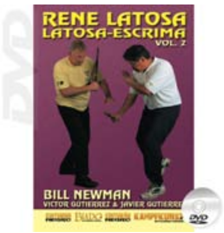
DVD Dog Brothers Power Development
Ref. DVD/DOG3
Price Inc. Tax......20,00 EUR

DVD The Dog Brother's Way
Ref. DVD/DOG1
Price Inc. Tax......20,00 EUR

DVD Arnis Koredas Obra Mano
Ref. DVD/OLIV1
Price Inc. Tax......20,00 EUR



DVD Latosa Escrima Vol 1
Ref. DVD/LAT1
Price Inc. Tax......20,00 EUR



DVD Latosa Escrima Vol 2
Ref. DVD/LAT2
Price Inc. Tax......20,00 EUR

# DVD Kali Arnis Eskrima

Kali Escrima
Bob Dubljanin
DVD

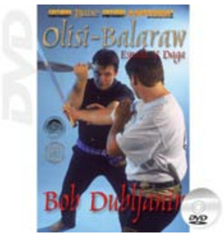
DVD Filipino Kali Eskrima
Ref. DVD/SILAT2
Price Inc. Tax......20,00 EUR

BRUNO CANCHO
DANIEL LAMAC
KALAVERA
ESKRIMA
LARGO MANO
DVD

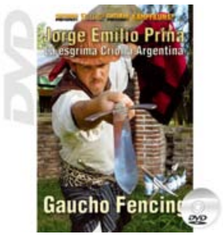
DVD Kalavera Eskrima - Largo Mano
Ref. DVD/BRU1
Price Inc. Tax......20,00 EUR

Kali Arnis Escrima
Maurizio Maltese
DVD

DVD Kali, Arnis, Eskrima
Ref. DVD/MALTE1
Price Inc. Tax......20,00 EUR


Olisi-Balaraw
Espada y Daga
Bob Dubljanin
DVD

DVD Filipino Olisi Balaraw Sword & Dagger
Ref. DVD/SILAT4
Price Inc. Tax......20,00 EUR


Jorge Emilio Prina
La esgrima Criolla Argentina
Gaucho Fencing
DVD

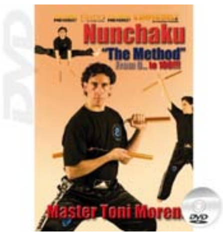
DVD Creole Fencing
Ref. DVD/ECRIOLLA1
Price Inc. Tax......20,00 EUR

# DVD Nunchaku

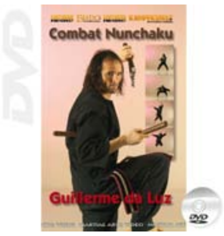
# DVD Nunchaku

Advanced Nunchaku
Toni Moreno
DVD

DVD Nunchaku Advanced Method
Ref. DVD/TMNUN2
Price Inc. Tax......20,00 EUR


Nunchaku
"The Method"
Master Toni Moreno
DVD

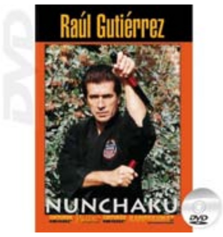
DVD Nunchaku The Method from 0 to 100%
Ref. DVD/TMNUN
Price Inc. Tax......20,00 EUR


Combat Nunchaku
Guilherme da Luz
DVD

DVD Combat Nunchaku
Ref. DVD/GLNUN
Price Inc. Tax......20,00 EUR

NUNCHAKU
RAPHAEL SCHMITZ
DVD

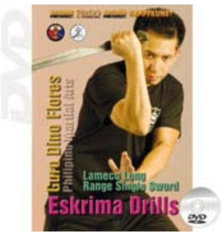
DVD Artistic & Combat Nunchaku
Ref. DVD/SCHM
Price Inc. Tax......20,00 EUR


Raúl Gutiérrez
NUNCHAKU
DVD

DVD Nunchaku
Ref. DVD/RGNUN
Price Inc. Tax......20,00 EUR

## DVD Other Weapons

# DVD Other Weapons

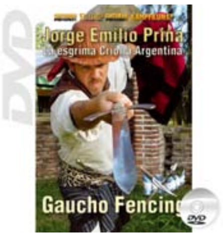


DVD Lameco Eskrima Single Sword
Ref. DVD/FLORES2
Price Inc. Tax......20,00 EUR

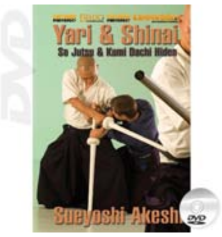
DVD Verdadera Destreza Española, Spanish Fencing
Ref. DVD/DESTREZA1
Price Inc. Tax......20,00 EUR

DVD Toyama Ryu Batto Jutsu
Ref. DVD/TOYAMA1
Price Inc. Tax......20,00 EUR

DVD Nova Scrimia Vol 1
Ref. DVD/NOVA
Price Inc. Tax......20,00 EUR



DVD Creole Fencing
Ref. DVD/ECRIOLLA1
Price Inc. Tax......20,00 EUR

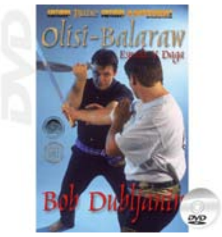


DVD Yari and Shinai
Ref. DVD/IAIDO6
Price Inc. Tax......20,00 EUR

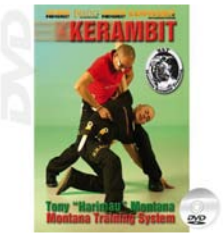
DVD Toyama Ryu Iaido
Ref. DVD/TOYAMA2
Price Inc. Tax......20,00 EUR

DVD Kali Ilustrisimo Laban Laro Drills
Ref. DVD/FLORES3
Price Inc. Tax......20,00 EUR

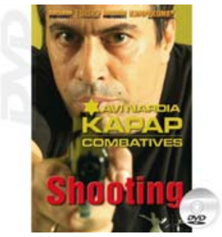
DVD Hwa Rang Do Gumtoogi Sword Fighting
Ref. DVD/HWA3
Price Inc. Tax......20,00 EUR



DVD Filipino Olisi Balaraw Sword & Dagger
Ref. DVD/SILAT4
Price Inc. Tax......20,00 EUR



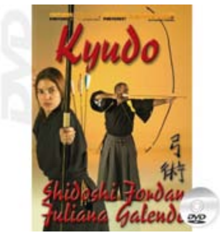
DVD Kerambit
Ref. DVD/KERAM1
Price Inc. Tax......20,00 EUR



DVD Kapap Shooting Firearms
Ref. DVD/KAPAP7
Price Inc. Tax......20,00 EUR

## DVD Other Weapons

DVD Bugei Shuriken-Jutsu
Ref. DVD/EBUGEI4
Price Inc. Tax......20,00 EUR

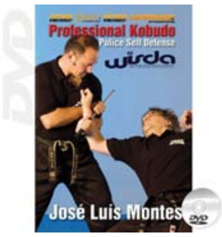


DVD Kyudo Kyu-Jitsu
Ref. DVD/KYUDO1
Price Inc. Tax......20,00 EUR

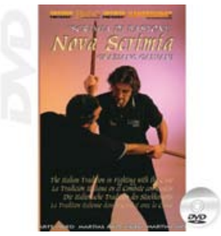
DVD American Cane System
Ref. DVD/CANE
Price Inc. Tax......20,00 EUR

DVD Jo Jutsu
Ref. DVD/JO
Price Inc. Tax......20,00 EUR

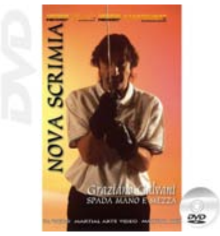
DVD Extreme Katana
Ref. DVD/KATA1
Price Inc. Tax......20,00 EUR



DVD Police Kobudo
Ref. DVD/MONTES2
Price Inc. Tax......20,00 EUR



DVD Novascrimia Bastone The Cane
Ref. DVD/NOVA2
Price Inc. Tax......20,00 EUR



DVD Nova Scrimia The Sword
Ref. DVD/NOVA3
Price Inc. Tax......20,00 EUR

DVD Tai Chi Che Sword
Ref. DVD/TAI3
Price Inc. Tax......20,00 EUR

DVD Naginata & Kumidashi Kihon
Ref. DVD/NAGI1
Price Inc. Tax......20,00 EUR

DVD Kubotan
Ref. DVD/KUBOT1
Price Inc. Tax......20,00 EUR

DVD Kendo
Ref. DVD/KENDO
Price Inc. Tax......20,00 EUR

## DVD Other Weapons

DVD Advanced Kendo
Ref. DVD/KENDO2
Price Inc. Tax......20,00 EUR

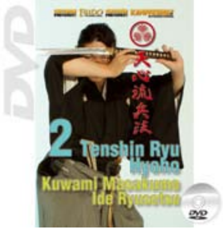
DVD Hwa Rang Do Hoshinsul Vol.1 Joint Manipulation
Ref. DVD/HWA4
Price Inc. Tax......20,00 EUR

DVD Hwa Rang Do Hoshinsul Vol.2 Joint Manipulation
Ref. DVD/HWA5
Price Inc. Tax......20,00 EUR

DVD Hwa Rang Do Hoshinsul Vol.3 Joint Manipulation
Ref. DVD/HWA6
Price Inc. Tax......20,00 EUR

DVD Latosa Escrima Hand Sticks
Ref. DVD/LAT4
Price Inc. Tax......20,00 EUR

DVD Tenshin-Ryu Hyoho Vol.1
Ref. DVD/TENSHIN1
Price Inc. Tax......20,00 EUR



DVD Tenshin-Ryu Hyoho Vol.2
Ref. DVD/TENSHIN2
Price Inc. Tax......20,00 EUR

DVD Tenshin-Ryu Hyoho Vol.3
Ref. DVD/TENSHIN3
Price Inc. Tax......20,00 EUR

DVD DSDWS Dulas Self Defense Whistle Stick
Ref. DVD/DULAS1
Price Inc. Tax......20,00 EUR

# DVD Pro, Military, Police

# DVD Pro, Military, Police

Jeet Kune Do
Paul Vunak

DVD Paul Vunak PFS Asymmetrical Violence
Ref. DVD/VUNAK1
Price Inc. Tax......20,00 EUR

S.O.G.
Close combat
Olivier Pierfederici

DVD SOG Real Close Combat Vol-7
Ref. DVD/SOG7
Price Inc. Tax......20,00 EUR

Keysi 2
Fighting Technique
Justo Diéguez

DVD Keysi Risk Situations Fighting Technique
Ref. DVD/KEYSI2
Price Inc. Tax......20,00 EUR

Dmitri Skogorev
(Sibirskyi Viun)
Russian Martial Art
SYSTEMA SV
advanced

DVD Russian Martial Art Systema SV Training Program Vol2
Ref. DVD/SKOGOREV-2
Price Inc. Tax......20,00 EUR

Master Ado Dulas

DVD DSDWS Dulas Self Defense Whistle Stick
Ref. DVD/DULAS1
Price Inc. Tax......20,00 EUR

KEYSI Original!
Keysi by Justo Diéguez

DVD Keysi Original
Ref. DVD/KEYSI1
Price Inc. Tax......20,00 EUR

MARCO MORABITO
KRAV MAGA
ISRAELI SURVIVAL SYSTEM

DVD Krav Maga Israeli Survival System. Hand to Hand Combat
Ref. DVD/KMISS1
Price Inc. Tax......20,00 EUR

SELF PRO KRAV: Evolution
Capitaine Jacques LEVINET

DVD Self Pro Krav Evolution
Ref. DVD/LEVI8
Price Inc. Tax......20,00 EUR

Dmitri Skogorev
Russian Martial Art
SYSTEMA SV
(Sibirskyi Viun)

DVD Russian Martial Art Systema SV Training Program Vol1
Ref. DVD/SKOGOREV-1
Price Inc. Tax......20,00 EUR

S.O.G.
Olivier Pierfederici

DVD SOG Close Combat Vol 1
Ref. DVD/SOG
Price Inc. Tax......20,00 EUR

Olivier Pierfederici
S.O.G.
Close Combat

DVD SOG Close-Combat DAS Techniques
Ref. DVD/SOG2
Price Inc. Tax......20,00 EUR

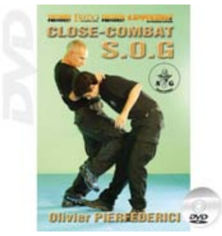
Olivier Pierfederici
SOG

DVD Military SOG for civilians
Ref. DVD/SOG3
Price Inc. Tax......20,00 EUR

## DVD Pro, Military, Police

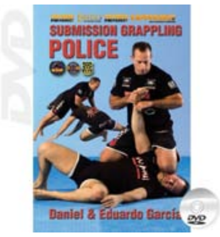
DVD SOG Extreme Close-Combat
Ref. DVD/SOG4
Price Inc. Tax......20,00 EUR

DVD SOG How to be your own Bodyguard
Ref. DVD/SOG5
Price Inc. Tax......20,00 EUR



DVD SOG Close Combat Vol 6
Ref. DVD/SOG6
Price Inc. Tax......20,00 EUR

DVD Bodyguard Dynamic Training
Ref. DVD/BODY1
Price Inc. Tax......20,00 EUR



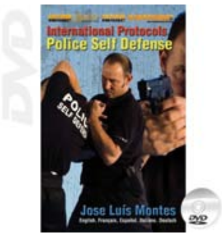
DVD Police Grappling
Ref. DVD/PGRAP1
Price Inc. Tax......20,00 EUR

DVD Russian Systema, Disarm techniques
Ref. DVD/SYSTEMA2
Price Inc. Tax......20,00 EUR

DVD Bodyguard The Canadian Way Double Impact Protection
Ref. DVD/DIP1
Price Inc. Tax......20,00 EUR

DVD Canadian Bodyguard Defensive Tactics
Ref. DVD/BODY2
Price Inc. Tax......20,00 EUR

DVD Operational Tonfa
Ref. DVD/LEVI7
Price Inc. Tax......20,00 EUR

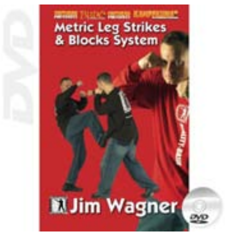


DVD Police Self Defense
Ref. DVD/DPOL1
Price Inc. Tax......20,00 EUR

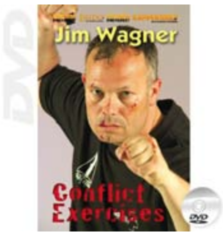
DVD Kokkar Handgun Defensive Tactics
Ref. DVD/OMAR5
Price Inc. Tax......20,00 EUR

DVD Europol Intervention Techniques
Ref. DVD/CARTER3
Price Inc. Tax......20,00 EUR

DVD Pro, Military, Police


Metric Leg Strikes & Blocks System
Jim Wagner

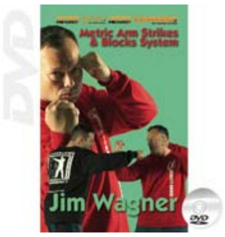
DVD Metric Leg Strikes & Blocks System
Ref. DVD/SARG11
Price Inc. Tax......20,00 EUR


Jim Wagner
Conflict Exercises

DVD Reality Based Conflict Exercises
Ref. DVD/SARG12
Price Inc. Tax......20,00 EUR

POLICE JUKAIKIDO
COLONEL SANTIAGO SANCHIS

DVD Police Jukaikido
Ref. DVD/SAN2
Price Inc. Tax......20,00 EUR


Metric Arm Strikes & Blocks System
Jim Wagner

DVD Metric Arm Strikes & Blocks System
Ref. DVD/SARG10
Price Inc. Tax......20,00 EUR

GM Santiago Sanchis
Police Jukaikido

DVD Advanced Police Jukaikido
Ref. DVD/SAN4
Price Inc. Tax......20,00 EUR

Russian martial Art
Systema
Andreas Weitzel

DVD Systema, Fighting Basics
Ref. DVD/SYSWEITZEL1
Price Inc. Tax......20,00 EUR

KAISENDO
POLICIAL CONTROL
JUAN DIAZ

DVD Kaisendo Police Control
Ref. DVD/KAISEN2
Price Inc. Tax......20,00 EUR

Police Dim Mak
JUAN DIAZ
JINTAI KYUKAN KAISENJUTSU

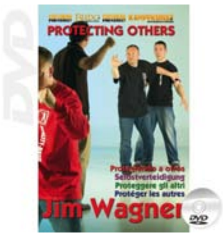
DVD Police Kaisendo Dim Mak Pressure Points
Ref. DVD/KAISEN3
Price Inc. Tax......20,00 EUR

TONFA
POLICE
RAUL GUTIERREZ
INTERNATIONAL POLICE INSTRUCTOR

DVD Police Tonfa
Ref. DVD/TON1
Price Inc. Tax......20,00 EUR

Multiple Attackers
Jim Wagner
Reality based

DVD Reality Based Multiple Attackers
Ref. DVD/SARG14
Price Inc. Tax......20,00 EUR


PROTECTING OTHERS
Jim Wagner

DVD Reality Based Protecting the Others
Ref. DVD/SARG15
Price Inc. Tax......20,00 EUR

Knife defense
SELF PRO KRAV
Capitaine Jacques Levinet

DVD Self Pro Krav Knife Defense
Ref. DVD/LEVI5
Price Inc. Tax......20,00 EUR

## DVD Pro, Military, Police

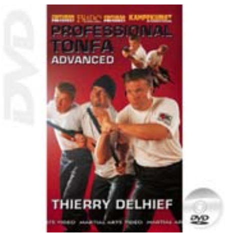
DVD Operational Locks Self Defense Pro
Ref. DVD/LEVI4
Price Inc. Tax......20,00 EUR

DVD ROS Real Operational System
Ref. DVD/LEVI3
Price Inc. Tax......20,00 EUR

DVD Self Pro Krav
Ref. DVD/LEVI2
Price Inc. Tax......20,00 EUR

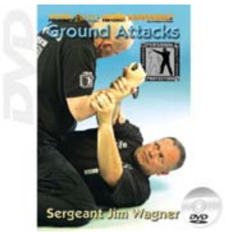
DVD Police Weapons
Ref. DVD/LEVI
Price Inc. Tax......20,00 EUR

DVD Professional Self Defense
Ref. DVD/DEL1
Price Inc. Tax......20,00 EUR

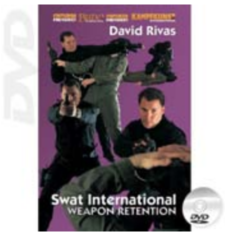


DVD Advanced Professional Tonfa
Ref. DVD/DEL2
Price Inc. Tax......20,00 EUR

DVD Hidden Weapons Professional Self defense
Ref. DVD/DEL3
Price Inc. Tax......20,00 EUR

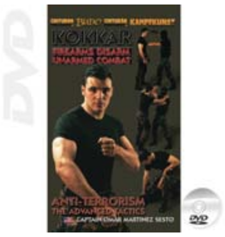


DVD Reality Based Ground attacks
Ref. DVD/SARG16
Price Inc. Tax......20,00 EUR



DVD SWAT International Weapon Retention
Ref. DVD/DAVID1
Price Inc. Tax......20,00 EUR

DVD Police Kaisendo Handcuff Defense
Ref. DVD/KAISEN4
Price Inc. Tax......20,00 EUR



DVD Kokkar Anti-Terrorism Advanced Tactics
Ref. DVD/OMAR4
Price Inc. Tax......20,00 EUR

DVD Kokkar Kenpo
Ref. DVD/OMAR1
Price Inc. Tax......20,00 EUR

## DVD Pro, Military, Police

KOKKAR
BLACK COBRA II
SERGEANT BANDINI

DVD kokkar Special Combat Black Cobra II Vol 2
Ref. DVD/OMAR3
Price Inc. Tax......20,00 EUR

KOKKAR
BLACK COBRA II
SERGEANT BANDINI

DVD Kokkar Especial Combat Black Cobra II Vol 1
Ref. DVD/OMAR2
Price Inc. Tax......20,00 EUR

Reality-Based
Sergeant Jim Wagner

DVD Reality Based Self Defense
Ref. DVD/SARG4
Price Inc. Tax......20,00 EUR

Sergeant Jim Wagner
Reality-Based
Police Security:
Arrest Control

DVD Reality Based Police & Security Arrest & Control
Ref. DVD/SARG5
Price Inc. Tax......20,00 EUR

Jim Wagner
Reality based
Defensive Tactics

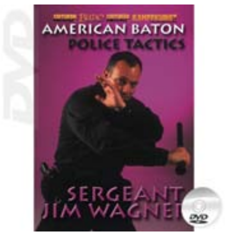
DVD Reality Based Defensive Tactics
Ref. DVD/SARG6
Price Inc. Tax......20,00 EUR

AIR GUN TRAINING
JIM WAGNER

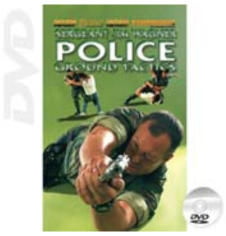
DVD Reality Based Training with Air Guns
Ref. DVD/SARG7
Price Inc. Tax......20,00 EUR

Jim Wagner
Knife Attack

DVD Reality Based Knife Attacks from around the World
Ref. DVD/SARG9
Price Inc. Tax......20,00 EUR


AMERICAN BATON
POLICE TACTICS
SERGEANT JIM WAGNER

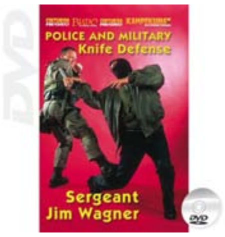
DVD Reality Based American Baton Police Tactics
Ref. DVD/SARG8
Price Inc. Tax......20,00 EUR


POLICE
GROUND TACTICS

DVD Reality Based Police Ground Tactics
Ref. DVD/SARG3
Price Inc. Tax......20,00 EUR

Sergeant
Jim Wagner
Special Operation
Knife Offense

DVD Reality Based Police & Military Knife Offense
Ref. DVD/SARG2
Price Inc. Tax......20,00 EUR

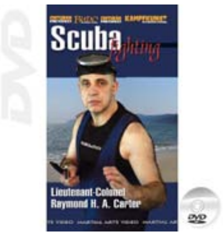

POLICE AND MILITARY
Knife Defense
Sergeant
Jim Wagner

DVD Reality Based Police & Military Knife Defense
Ref. DVD/SARG1
Price Inc. Tax......20,00 EUR

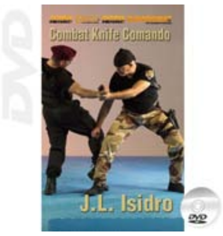
COMANDO
COMBAT

DVD Commando Combat Knife Assault
Ref. DVD/JH1
Price Inc. Tax......20,00 EUR

## DVD Pro, Military, Police



DVD Scuba Fighting
Ref. DVD/CARTER2
Price Inc. Tax......20,00 EUR



DVD Combat Knife Commando
Ref. DVD/AKIS9
Price Inc. Tax......20,00 EUR

DVD Professional Bodyguard
Ref. DVD/AKIS4
Price Inc. Tax......20,00 EUR

DVD Police Commando
Ref. DVD/AKIS7
Price Inc. Tax......20,00 EUR

DVD Police Telescopic Baton
Ref. DVD/TELE1
Price Inc. Tax......20,00 EUR

DVD Professional Tonfa
Ref. DVD/TONFA2
Price Inc. Tax......20,00 EUR

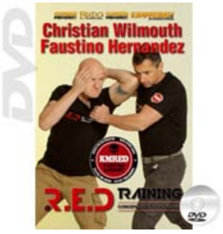
DVD Krav Maga Israeli Survival System. Disarming Techniques
Ref. DVD/KMISS2
Price Inc. Tax......20,00 EUR

DVD Enigma 2 Vol.1 Paul Vunak Contemporary JKD
Ref. DVD/VUNAK7
Price Inc. Tax......20,00 EUR

DVD KMRED VOL.4. R.E.D. Training
Ref. DVD/KMRED4
Price Inc. Tax......20,00 EUR

# DVD Krav Maga

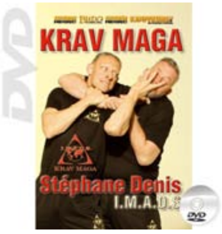
# DVD Krav Maga


Christian Wilmouth
Faustino Hernandez
KMRED
R.E.D TRAINING

DVD KMRED VOL.4. R.E.D. Training
Ref. DVD/KMRED4
Price Inc. Tax......20,00 EUR

2
Israeli Jiu Jitsu
Avi Nardia

DVD Kapap Israeli Jiu Jitsu Vol.2
Ref. DVD/KAPAP10
Price Inc. Tax......20,00 EUR


KRAV MAGA
Stéphane Denis
I.M.A.D.S.

DVD Krav Maga I.M.A.D.S.
Ref. DVD/KDENIS1
Price Inc. Tax......20,00 EUR

Christian Wilmouth
Faustino Hernandez
Dan Zahdour
Krav Maga RED
Knife Defense
KMRED

DVD Krav Maga RED Vol.3. Knife Defense
Ref. DVD/KMRED3
Price Inc. Tax......20,00 EUR

Kapap
Israeli Jiu Jitsu
Avi Nardia

DVD Kapap Israeli Jiu Jitsu & Martial Arts
Ref. DVD/KAPAP9
Price Inc. Tax......20,00 EUR

Best of
Commando Krav Maga
Moni Aizik

DVD Best of Commando Krav Maga
Ref. DVD/AIZIK5
Price Inc. Tax......20,00 EUR

Itay Gil
Protect
Krav Maga

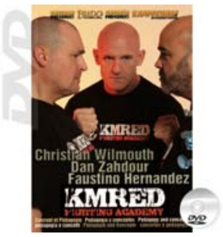
DVD Protect Krav Maga
Ref. DVD/GIL1
Price Inc. Tax......20,00 EUR

KRAV MAGA
Vicious Attacks
Master Alain Cohen

DVD Krav Maga Vicious attacks
Ref. DVD/IDS6
Price Inc. Tax......20,00 EUR

Major Avi Nardia
KAPAP
GUN DISARMING WRONG & RIGHT

DVD Kapap Lotar Krav Maga Gun Disarming Keys
Ref. DVD/KAPAP4
Price Inc. Tax......20,00 EUR


KMRED
Christian Wilmouth
Dan Zahdour
Faustino Hernandez
KMRED
FIGHTING ACADEMY

DVD Krav Maga RED Vol.2. Concept & Pedagogy
Ref. DVD/KMRED2
Price Inc. Tax......20,00 EUR

Kobi Lichtenstein
קרב מגע
Krav Maga

DVD Krav Maga Kobi Lichtenstein
Ref. DVD/KOBI1
Price Inc. Tax......20,00 EUR

"Urban Survival"
Moni Aizik

DVD Commando Krav Maga Urban Survival
Ref. DVD/AIZIK4
Price Inc. Tax......20,00 EUR

# DVD Krav Maga

Pistol Threat & Stick
ORIGINAL KRAV MAGA
Yaron Lichtenstein

DVD Original Krav Maga Blue Belt program Vol3
Ref. DVD/YARON4
Price Inc. Tax......20,00 EUR

MARCO MORABITO
KRAV MAGA
ISRAELI SURVIVAL SYSTEM

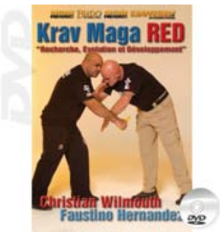
DVD Krav Maga Israeli Survival System. Hand to Hand Combat
Ref. DVD/KMISS1
Price Inc. Tax......20,00 EUR

MARCO MORABITO
MISTAKES & DISARMING TECHNIQUES
KRAV MAGA
ISRAELI SURVIVAL SYSTEM

DVD Krav Maga Israeli Survival System. Disarming Techniques
Ref. DVD/KMISS2
Price Inc. Tax......20,00 EUR

SELF PRO KRAV: Evolution
Capitaine Jacques LEVINET

DVD Self Pro Krav Evolution
Ref. DVD/LEVI8
Price Inc. Tax......20,00 EUR


Krav Maga RED
Christian Wilmouth
Faustino Hernandez

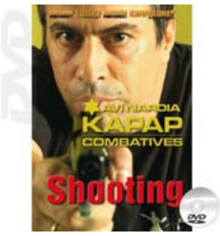
DVD Krav Maga RED Research, Evolution, Development
Ref. DVD/KMRED1
Price Inc. Tax......20,00 EUR

Blue Belt Program - Vol 4
ORIGINAL KRAV MAGA
Yaron Lichtenstein

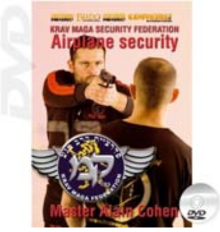
DVD Original Krav Maga Blue Belt program Vol4
Ref. DVD/YARON5
Price Inc. Tax......20,00 EUR

Authentic Krav Maga
Master Alain Cohen

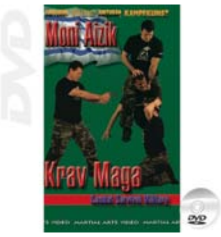
DVD Authentic Krav Maga
Ref. DVD/IDS5
Price Inc. Tax......20,00 EUR


AVTNARDIA
KAPAP
COMBATIVES
Shooting

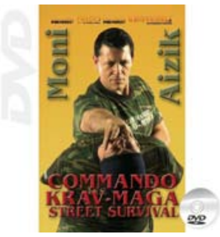
DVD Kapap Shooting Firearms
Ref. DVD/KAPAP7
Price Inc. Tax......20,00 EUR


KRAV MAGA SECURITY FEDERATION
Airplane security
Master Alain Cohen

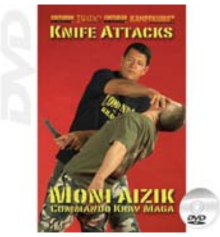
DVD IDS Krav Maga Airplane Security
Ref. DVD/IDS4
Price Inc. Tax......20,00 EUR


Moni Aizik
Krav Maga

DVD Combat Survival Krav Maga
Ref. DVD/AIZIK
Price Inc. Tax......20,00 EUR

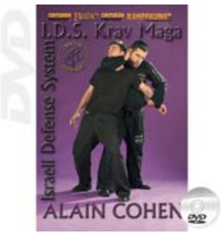

Moni
Aizik
COMMANDO
KRAV-MAGA
STREET SURVIVAL

DVD Commando Krav Maga Street Survival
Ref. DVD/AIZIK2
Price Inc. Tax......20,00 EUR


KNIFE ATTACKS
MONI AIZIK
COMMANDO KRAV MAGA

DVD Commando Krav Maga Knife Attacks
Ref. DVD/AIZIK3
Price Inc. Tax......20,00 EUR

# DVD Krav Maga


I.D.S. Krav Maga
Israeli Defense System
ALAIN COHEN
DVD

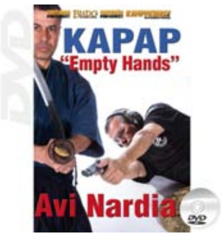
DVD IDS Krav Maga
Ref. DVD/IDS1
Price Inc. Tax......20,00 EUR

Master Alain Cohen
DVD

DVD IDS Krav Maga The Will to Survive
Ref. DVD/IDS2
Price Inc. Tax......20,00 EUR

KRAV MAGA
FOR SECURITY PROFESSIONALS
Master Alain Cohen
DVD

DVD Krav Maga for Security Professionals
Ref. DVD/IDS3
Price Inc. Tax......20,00 EUR


KAPAP
"Empty Hands"
Avi Nardia
DVD

DVD Kapap Empty Hands Self Defense
Ref. DVD/KAPAP8
Price Inc. Tax......20,00 EUR

KAPAP KRAV
Panim El Panim
DVD

DVD Kapap Lotar Krav Maga Panim el Panim
Ref. DVD/KAPAP3
Price Inc. Tax......20,00 EUR

ISRAELI
KAPAP MAGA
GUN DISARMING
MAJOR AVI NARDIA
URI KAFFE
DVD

DVD Kapap Lotar Krav Maga Gun Disarming
Ref. DVD/KAPAP2
Price Inc. Tax......20,00 EUR

KAPAP
MAJOR AVI NARDIA
DVD

DVD Kapap Lotar Krav Maga
Ref. DVD/KAPAP
Price Inc. Tax......20,00 EUR

KRAV MAGA
Bukan School
Yaron Lichtenstein
DVD

DVD Original Krav Maga Bukan School
Ref. DVD/YARON1
Price Inc. Tax......20,00 EUR

Blue Belt Program
Vol. II
ORIGINAL KRAV MAGA
Yaron Lichtenstein
DVD

DVD Original Krav Maga Blue Belt program Vol2
Ref. DVD/YARON3
Price Inc. Tax......20,00 EUR

Blue Belt Program
Vol. I
ORIGINAL KRAV MAGA
Yaron Lichtenstein
DVD

DVD Original Krav Maga Blue Belt program Vol1
Ref. DVD/YARON2
Price Inc. Tax......20,00 EUR

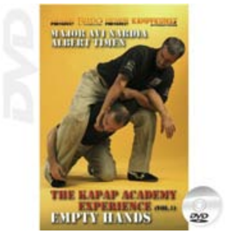
SELF PRO KRAV
S.P.K.
Capitaine Jacques Levinet
DVD

DVD Self Pro Krav
Ref. DVD/LEVI2
Price Inc. Tax......20,00 EUR

Knife defense
SELF PRO KRAV
Capitaine Jacques Levinet
DVD

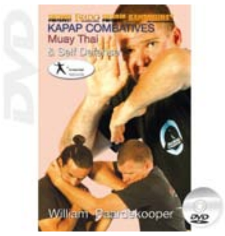
DVD Self Pro Krav Knife Defense
Ref. DVD/LEVI5
Price Inc. Tax......20,00 EUR

# DVD Krav Maga



DVD Kapap Lotar Krav Maga The Kapap Academy Experience
Ref. DVD/KAPAP5
Price Inc. Tax......20,00 EUR

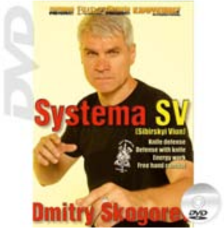
DVD Kapap MMA
Ref. DVD/KAPAP6
Price Inc. Tax......20,00 EUR



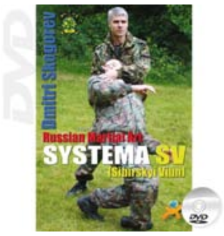
DVD Kapap Combatives Muay Thai Self Defense
Ref. DVD/MUAYKAP
Price Inc. Tax......20,00 EUR

# DVD Systema

# DVD Systema



DVD RMA Systema SV Empty Hands & Knife
Ref. DVD/SKOGOREV-11
Price Inc. Tax......20,00 EUR



DVD Russian Martial Art Systema SV Training Program Vol1
Ref. DVD/SKOGOREV-1
Price Inc. Tax......20,00 EUR

DVD Russian Martial Art Systema SV Training Program Vol2
Ref. DVD/SKOGOREV-2
Price Inc. Tax......20,00 EUR

DVD Systema, Fighting Basics
Ref. DVD/SYSWEITZEL1
Price Inc. Tax......20,00 EUR

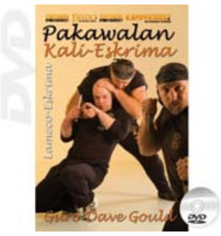
DVD Russian Martial Arts Systema
Ref. DVD/SYSTEMA1
Price Inc. Tax......20,00 EUR

DVD Russian Systema
Ref. DVD/KADI1
Price Inc. Tax......20,00 EUR

DVD Russian Systema, Disarm techniques
Ref. DVD/SYSTEMA2
Price Inc. Tax......20,00 EUR

## DVD Knife Fighting

# DVD Knife Fighting


Pakawalan
Kali-Eskrima
Guro Dave Gould

DVD Lameco Eskrima Essential Knife Vol4 Pakawalan
Ref. DVD/GOULD5
Price Inc. Tax......20,00 EUR

KNIFE TACTICAL RESPONSE
CSSD
BRAD FRANK

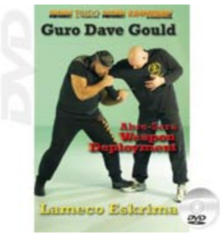
DVD Knife Tactical Response CSSD
Ref. DVD/FRANK1
Price Inc. Tax......20,00 EUR

"DIFESA DA COLTELLO"
Nova Scrimia

DVD Novascrimia Defense against Knife
Ref. DVD/NOVA4
Price Inc. Tax......20,00 EUR

Hock Hochheim

DVD Close Quarter Combat Knife & Counter Combatives
Ref. DVD/HOCH1
Price Inc. Tax......20,00 EUR


Guro Dave Gould
Lameco Eskrima

DVD Lameco Eskrima Essential Knife 3
Ref. DVD/GOULD3
Price Inc. Tax......20,00 EUR

LAMECO ESKRIMA
ESSENTIAL KNIFE II
GURO DAVE GOULD

DVD Lameco Eskrima Essential Knife 2
Ref. DVD/GOULD2
Price Inc. Tax......20,00 EUR

GURO DAVE GOULD
LAMECO
ESKRIMA

DVD Lameco Eskrima Essential Knife 1
Ref. DVD/GOULD1
Price Inc. Tax......20,00 EUR

SERGEANT JIM WAGNER
ULTIMATE
KNIFE TRAINING

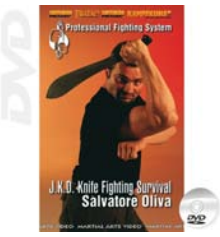
DVD Ultimate Knife Training
Ref. DVD/SARG13
Price Inc. Tax......20,00 EUR

KNIFE SURVIVAL
EFS
JKD
EFS

DVD Knife Survival Evolution Fighting Systems
Ref. DVD/EFS
Price Inc. Tax......20,00 EUR

SEAL PROGRAM
MIKE FARAONE
Knife Combat

DVD Seal Program Knife Combat
Ref. DVD/FAR2
Price Inc. Tax......20,00 EUR


Professional Fighting System
J.K.D. Knife Fighting Survival
Salvatore Oliva

DVD JKD Knife Fighting Survival
Ref. DVD/SALVA2
Price Inc. Tax......20,00 EUR

## DVD Women´s Self Defense

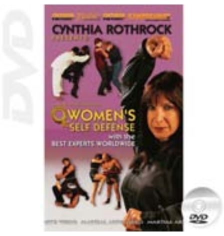
## DVD Women´s Self Defense

EVAN PANTAZI
Kyusho DVD
"Kyusho Self Protection" for Women Vital points

DVD Kyusho Self Protection for Women
Ref. DVD/KYUSHO21
Price Inc. Tax......20,00 EUR

TRUST
Kids defense
Andreas Schuster

DVD Kids Self Defense: Dealing with strangers
Ref. DVD/TRUST1
Price Inc. Tax......20,00 EUR


CYNTHIA ROTHROCK
WOMEN'S SELF DEFENSE
with the BEST EXPERTS WORLDWIDE

DVD Women's Self Defense
Ref. DVD/CYNTHI2
Price Inc. Tax......20,00 EUR

Defensa Personal femenina
Difesa Personale Femminile
Raúl Gutiérrez

DVD Female Self Defense Kenpo
Ref. DVD/DPF
Price Inc. Tax......20,00 EUR

# DVD Other Self Defense Styles

# DVD Other Self Defense Styles

Keysi
2
Fighting Technique
Justo Dieguez

DVD Keysi Risk Situations Fighting Technique
Ref. DVD/KEYSI2
Price Inc. Tax......20,00 EUR

S.O.G.
Close combat
Olivier Pierfederici

DVD SOG Real Close Combat Vol-7
Ref. DVD/SOG7
Price Inc. Tax......20,00 EUR

Jeet Kune Do
Paul Vunak

DVD Paul Vunak PFS Asymmetrical Violence
Ref. DVD/VUNAK1
Price Inc. Tax......20,00 EUR

KEYSI Original!
Keysi by Justo Diéguez

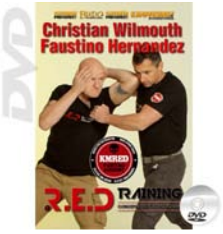
DVD Keysi Original
Ref. DVD/KEYSI1
Price Inc. Tax......20,00 EUR

SDS-Concept
PETER WECKAUF

DVD SDS Concept
Ref. DVD/SDS1
Price Inc. Tax......20,00 EUR

Dmitri Skogorev
(Sibirskyi Vjun)
Russian Martial Art
SYSTEMA SV
advanced

DVD Russian Martial Art Systema SV Training Program Vol2
Ref. DVD/SKOGOREV-2
Price Inc. Tax......20,00 EUR


Christian Wilmouth
Faustino Hernandez
KMRED
R.E.D TRAINING

DVD KMRED VOL.4. R.E.D. Training
Ref. DVD/KMRED4
Price Inc. Tax......20,00 EUR

Christian Wilmouth
Faustino Hernandez
Dan Zahdour
Krav Maga RED
Knife Defense
KMRED

DVD Krav Maga RED Vol.3. Knife Defense
Ref. DVD/KMRED3
Price Inc. Tax......20,00 EUR

TRUST
Kids defense
Andreas Schuster

DVD Kids Self Defense: Dealing with strangers
Ref. DVD/TRUST1
Price Inc. Tax......20,00 EUR

Dmitri Skogorev
Russian Martial Art
SYSTEMA SV
(Sibirskyi Vjun)

DVD Russian Martial Art Systema SV Training Program Vol1
Ref. DVD/SKOGOREV-1
Price Inc. Tax......20,00 EUR

SVstema
Marco Morabito
The Russian Revolution

DVD Russian Martial Arts Systema
Ref. DVD/SYSTEMA1
Price Inc. Tax......20,00 EUR

SVstema
Marco Morabito
The Russian Revolution
Disarmament Techniques

DVD Russian Systema, Disarm techniques
Ref. DVD/SYSTEMA2
Price Inc. Tax......20,00 EUR

# DVD Other Self Defense Styles

CLOSE-COMBAT
S.O.G
Olivier PIERFEDERICI

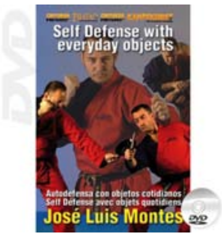
DVD SOG Close Combat Vol 6
Ref. DVD/SOG6
Price Inc. Tax......20,00 EUR

S.O.G
OLIVIER PIERFEDERICI

DVD SOG How to be your own Bodyguard
Ref. DVD/SOG5
Price Inc. Tax......20,00 EUR

Hock Hochheim
Pistol Disarming

DVD Close Quarter Combat Pistol Disarming
Ref. DVD/HOCH2
Price Inc. Tax......20,00 EUR


Self Defense with everyday objects
José Luis Montes

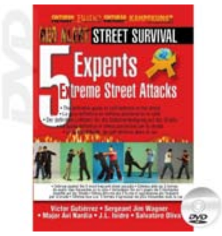
DVD Self Defense with everyday objects
Ref. DVD/MONTES3
Price Inc. Tax......20,00 EUR

Kaisendo
Self Defense
Soke Juan Dia

DVD Kaisendo Self Defense
Ref. DVD/KAISEN5
Price Inc. Tax......20,00 EUR

Hanshi Eduardo Sanchez
Jukoshin Ryu Jiu Jitsu

DVD Jukoshin Ryu Jiu Jitsu
Ref. DVD/EDSAN1
Price Inc. Tax......20,00 EUR


STREET SURVIVAL
5 Experts
Extreme Street Attacks

DVD Self Defense 5 Experts x 5 Street Attacks
Ref. DVD/DP1
Price Inc. Tax......20,00 EUR

EDP
Verbal Self Defense
Carlos Dario & Ricardo Grass

DVD Verbal Self Defense
Ref. DVD/VERBAL1
Price Inc. Tax......20,00 EUR

S.O.G
OLIVIER PIERFEDERICI

DVD SOG Extreme Close-Combat
Ref. DVD/SOG4
Price Inc. Tax......20,00 EUR

Olivier Pierfederici
SOG

DVD Military SOG for civilians
Ref. DVD/SOG3
Price Inc. Tax......20,00 EUR

Olivier Pierfederici
S.O.G.
Close Combat

DVD SOG Close-Combat DAS Techniques
Ref. DVD/SOG2
Price Inc. Tax......20,00 EUR

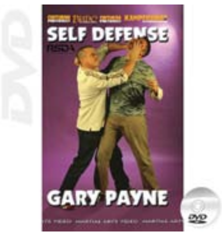
S.O.G.
Olivier Pierfederici

DVD SOG Close Combat Vol 1
Ref. DVD/SOG
Price Inc. Tax......20,00 EUR

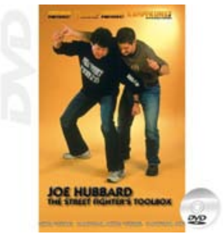
# DVD Other Self Defense Styles

DVD Russian Systema
Ref. DVD/KADI1
Price Inc. Tax......20,00 EUR

DVD Realistic Self Defense Vol 2 One step ahead
Ref. DVD/PAYNE2
Price Inc. Tax......20,00 EUR



DVD Realistic Self Defense Vol 1
Ref. DVD/PAYNE
Price Inc. Tax......20,00 EUR



DVD The Street Fighters Toolbox Vol 1
Ref. DVD/HUBAR
Price Inc. Tax......20,00 EUR

DVD Kasen Ryu - Operative Self-Defense vol 2
Ref. DVD/KANSEN2
Price Inc. Tax......20,00 EUR

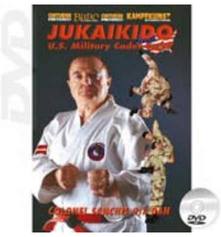
DVD Progressive Street Fighting
Ref. DVD/PSF1
Price Inc. Tax......20,00 EUR

DVD Kansen Ryu Self Defense
Ref. DVD/KANSEN1
Price Inc. Tax......20,00 EUR

DVD Close Combat Vol 2
Ref. DVD/MALTE4
Price Inc. Tax......20,00 EUR

DVD Close Combat Vol 1
Ref. DVD/MALTE2
Price Inc. Tax......20,00 EUR

DVD Elite Combat Program Hand to Hand Combat
Ref. DVD/ECPO1
Price Inc. Tax......20,00 EUR



DVD Jukaikido
Ref. DVD/SAN
Price Inc. Tax......20,00 EUR

DVD Airplane Security
Ref. DVD/AKIS11
Price Inc. Tax......20,00 EUR

## DVD Other Self Defense Styles

DVD Kaisen Do
Ref. DVD/KAISEN1
Price Inc. Tax......20,00 EUR

DVD DSDWS Dulas Self Defense Whistle Stick
Ref. DVD/DULAS1
Price Inc. Tax......20,00 EUR

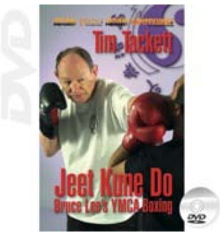
DVD Enigma 2 Vol.1 Paul Vunak Contemporary JKD
Ref. DVD/VUNAK7
Price Inc. Tax......20,00 EUR

## DVD Jeet Kune Do

# DVD Jeet Kune Do

Jeet Kune Do
Elements of attack
Bruce Lee's Heritage
Tim Tackett

DVD JKD Elements of Attack
Ref. DVD/JKDTIM4
Price Inc. Tax......20,00 EUR


Tim Tackett
Jeet Kune Do
Bruce Lee's YMCA Boxing

DVD Jeet Kune Do Sparring
Ref. DVD/JKDTIM3
Price Inc. Tax......20,00 EUR

Sifu David Delannoy
Jeet KuneDo
& Self Defense

DVD Jeet Kune Do Self Defense
Ref. DVD/DELJKD2
Price Inc. Tax......20,00 EUR

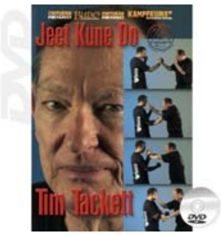
IN MEMORIAM
BRUCE LEE

DVD Bruce Lee in Memoriam
Documentary
Ref. DVD/BL
Price Inc. Tax......20,00 EUR

DVD Bruce Lee The Man & his Legacy
Documentary
Ref. DVD/TV2
Price Inc. Tax......20,00 EUR

JEET KUNE DO UNLIMITED
GROUND FIGHTING
BURTON RICHARDSON

DVD Jeet Kune Do Unlimited Ground
Fighting
Ref. DVD/BURTON2
Price Inc. Tax......20,00 EUR


Jeet Kune Do
Tim Tackett

DVD Jun Fan Jeet Kune Do Vol 2
Ref. DVD/JKDTIM2
Price Inc. Tax......20,00 EUR

JEET KUNE DO
TIM TACKETT

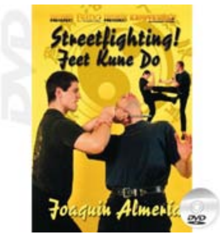
DVD Jun Fan Jeet Kune Do Vol 1
Ref. DVD/JKDTIM
Price Inc. Tax......20,00 EUR

JEET KUNE DO UNLIMITED
BURTON RICHARDSON

DVD Jeet Kune Do Unlimited
Ref. DVD/BURTON
Price Inc. Tax......20,00 EUR

Jun Fan Gung Fu
Sifu David Delannoy

DVD Jun Fan Gung Fu
Ref. DVD/DELJKD1
Price Inc. Tax......20,00 EUR


Streetfighting!
Jeet Kune Do
Joaquin Almeria

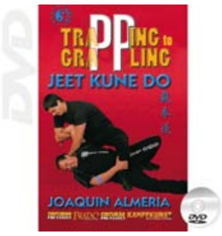
DVD JKD Streetfighting
Ref. DVD/ALM5
Price Inc. Tax......20,00 EUR

MUK YAN CHONG
"JKD" SETS
JOAQUIN ALMERIA

DVD Wooden Dummy Jeet Kune Do
Sets
Ref. DVD/ALM3
Price Inc. Tax......20,00 EUR

# DVD Jeet Kune Do

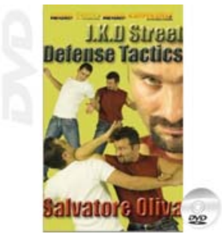
DVD Wooden Dummy JKD Jun Fan Sets
Ref. DVD/ALM2
Price Inc. Tax......20,00 EUR



DVD Jeet Kune Do Trapping to Grappling
Ref. DVD/ALM1
Price Inc. Tax......20,00 EUR

DVD JKD Street Trapping
Ref. DVD/SALVA7
Price Inc. Tax......20,00 EUR

DVD Explosive Dumog Filipino Grappling
Ref. DVD/SALVA6
Price Inc. Tax......20,00 EUR



DVD JKD Street Defense Tactics
Ref. DVD/SALVA5
Price Inc. Tax......20,00 EUR

DVD Filipino Kino Mutai PFS
Ref. DVD/SALVA4
Price Inc. Tax......20,00 EUR

DVD JKD Profesional Fighting System
Ref. DVD/SALVA3
Price Inc. Tax......20,00 EUR

DVD JKD Knife Fighting Survival
Ref. DVD/SALVA2
Price Inc. Tax......20,00 EUR

DVD JKD Street Safe
Ref. DVD/SALVA
Price Inc. Tax......20,00 EUR

DVD JKD Seal Program Hand to Hand combat
Ref. DVD/FAR1
Price Inc. Tax......20,00 EUR

DVD Enigma 2 Vol.1 Paul Vunak Contemporary JKD
Ref. DVD/VUNAK7
Price Inc. Tax......20,00 EUR

DVD Paul Vunak PFS Asymmetrical Violence
Ref. DVD/VUNAK1
Price Inc. Tax......20,00 EUR

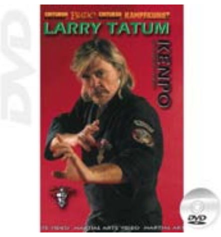
# DVD Kenpo

# DVD Kenpo

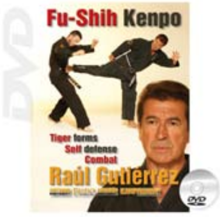
DVD Kenpo, My Favorite Techniques
Ref. DVD/LARRY4
Price Inc. Tax......20,00 EUR

DVD Free Style Kenpo
Ref. DVD/LARRY3
Price Inc. Tax......20,00 EUR

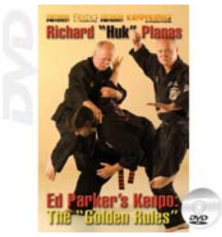
DVD Extreme Kenpo
Ref. DVD/LARRY2
Price Inc. Tax......20,00 EUR



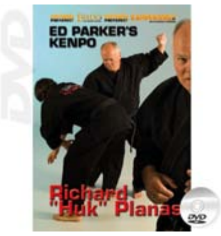
DVD Kenpo Ed Parker's System
Ref. DVD/LARRY
Price Inc. Tax......20,00 EUR



DVD Fu Shih Kenpo Vol.2 Tiger Forms & Self Defense
Ref. DVD/FUSHIH2
Price Inc. Tax......20,00 EUR

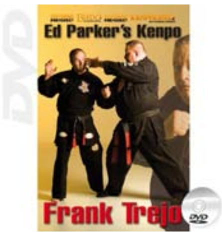


DVD Kenpo Golden Rules
Ref. DVD/PLANAS3
Price Inc. Tax......20,00 EUR

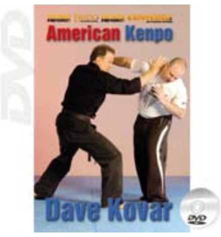


DVD Ed Parker's Kenpo Rules and Principles
Ref. DVD/PLANAS2
Price Inc. Tax......20,00 EUR

DVD Ed Parker's Kenpo Planas Lineage
Ref. DVD/PLANAS1
Price Inc. Tax......20,00 EUR

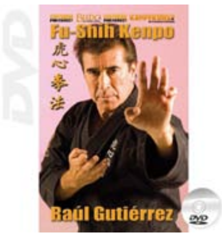


DVD Ed Parker's Kenpo Trejo Lineage
Ref. DVD/TREJO1
Price Inc. Tax......20,00 EUR



DVD Blended Kenpo
Ref. DVD/KOVAR1
Price Inc. Tax......20,00 EUR

DVD Kosho Ryu Kempo
Ref. DVD/KOSHO1
Price Inc. Tax......20,00 EUR



DVD Fu Shih Kenpo
Ref. DVD/FUSHIH1
Price Inc. Tax......20,00 EUR

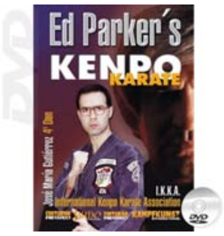
# DVD Kenpo

Kara-Ho Kempo Karate
Sensei Sam Kuoha

DVD Kara-Ho Kempo Karate
Ref. DVD/KARA1
Price Inc. Tax......20,00 EUR

Knife Defense
Ed Parker's Kenpo
Juan José Negreira

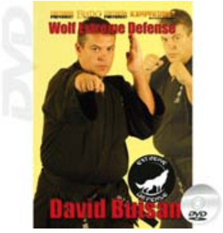
DVD Kenpo Knife Defense
Ref. DVD/NEGRE2
Price Inc. Tax......20,00 EUR


Ed Parker's
KENPO
KARATE
I.K.K.A.
International Kenpo Karate Association

DVD Ed Parker's Kenpo IKKA
Ref. DVD/PARKER1
Price Inc. Tax......20,00 EUR

Juan José Negreira
American Kenpo Karate

DVD American Kenpo Karate
Ref. DVD/NEGRE
Price Inc. Tax......20,00 EUR


Wolf Extreme Defense
David Buisan

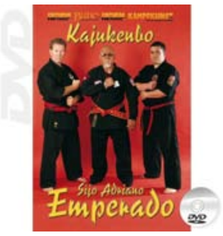
DVD Wolf Extreme Defense
Ref. DVD/WOLF1
Price Inc. Tax......20,00 EUR

AMERICAN KENPO KARATE
POLICE INSTRUCTION

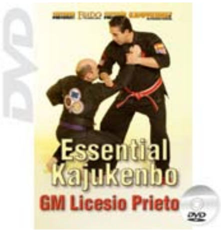
DVD American Kenpo Karate Police Instruction
Ref. DVD/KENPOL
Price Inc. Tax......20,00 EUR

## DVD Kajukenbo

# DVD Kajukenbo


Kajukenbo
Sijo Adriano Emperado

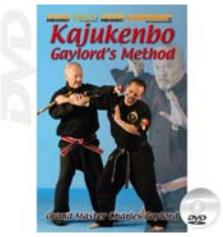
DVD Kajukenbo Emperado
Ref. DVD/KAJ4
Price Inc. Tax......20,00 EUR


Essential Kajukenbo
GM Licesio Prieto

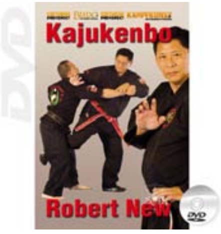
DVD Kajukenbo Essential
Ref. DVD/LPRIETO1
Price Inc. Tax......20,00 EUR

Kajukenbo WHKD
Forms & Techniques
Al Dacascos

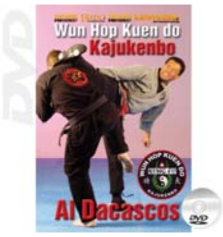
DVD Kajukenbo WHKD Forms & Techniques
Ref. DVD/WHKD3
Price Inc. Tax......20,00 EUR


Kajukenbo
Gaylord's Method

DVD Kajukenbo Gaylord's Method
Ref. DVD/GAYLORD
Price Inc. Tax......20,00 EUR


Kajukenbo
Robert New

DVD Kajukenbo Dirty fighting
Ref. DVD/NEW1
Price Inc. Tax......20,00 EUR


Wun Hop Kuen do
Kajukenbo
Al Dacascos

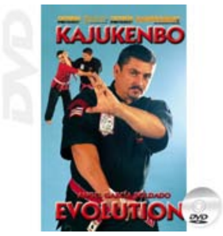
DVD Kajukenbo Wun Hop Kuen Do
Ref. DVD/WHKD2
Price Inc. Tax......20,00 EUR

Angel García
Kajukenbo
Modern Concepts

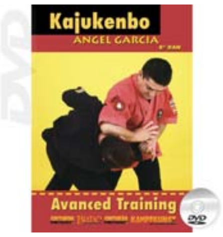
DVD Kajukenbo Modern Concepts
Ref. DVD/KAJ7
Price Inc. Tax......20,00 EUR

Angel García Soldado
KAJUKENBO
Weapons

DVD Kajukenbo Weapons
Ref. DVD/KAJ6
Price Inc. Tax......20,00 EUR


KAJUKENBO
EVOLUTION

DVD Kajukenbo Evolution
Ref. DVD/KAJ5
Price Inc. Tax......20,00 EUR


Kajukenbo
ANGEL GARCIA
Avanced Training

DVD Kajukenbo Vol 3
Ref. DVD/KAJ3
Price Inc. Tax......20,00 EUR

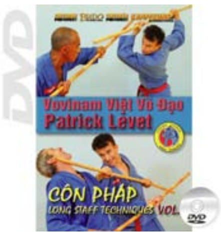
THE TRAINING METHOD IN
KAJUKENBO
ANGEL GARCIA 9TH DAN

DVD Kajukenbo Vol 2 The Training Method
Ref. DVD/KAJ2
Price Inc. Tax......20,00 EUR

# DVD Martial Arts Vietnam

# DVD Martial Arts Vietnam

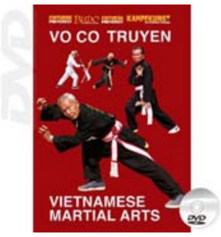
DVD Viet Vo Dao Long staff Vol 2. Quyen Tu Tuong Con Phap Form...
Ref. DVD/VIET8
Price Inc. Tax......20,00 EUR



DVD Viet Vo Dao Con Phap. Long staff Vol.1
Ref. DVD/VIET7
Price Inc. Tax......20,00 EUR

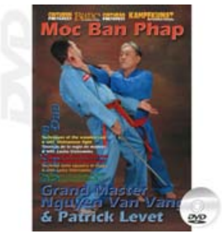
DVD Integral Vovinam
Ref. DVD/VIET6
Price Inc. Tax......20,00 EUR

DVD Vovinam Viet Vo Dao saber and Halberd
Ref. DVD/VIET5
Price Inc. Tax......20,00 EUR



DVD Vo Co Truyen Vietnamese Martial Arts
Ref. DVD/VOC
Price Inc. Tax......20,00 EUR

DVD Viet Vo Dao Phan Don Counter Techniques
Ref. DVD/VIET4
Price Inc. Tax......20,00 EUR



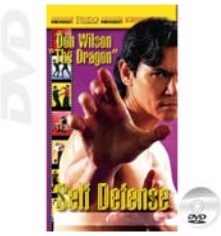
DVD Vovinam Viet Vo Dao Moc Ban Phap & Vat
Ref. DVD/VIET3
Price Inc. Tax......20,00 EUR

DVD Vovinam Viet Vo Dao Vol 2
Ref. DVD/VIET2
Price Inc. Tax......20,00 EUR

DVD Vovinam Viet Vo Dao Vol 1
Ref. DVD/VIET1
Price Inc. Tax......20,00 EUR

# DVD Other Martial Styles

## DVD Other Martial Styles


Don Wilson "The Dragon"
Self Defense

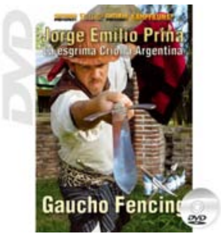
DVD Self Defense for Everybody
Ref. DVD/DON
Price Inc. Tax......20,00 EUR

Joaquín De Diego Martínez
Daga Espada
"Destreza verdadera"

DVD Verdadera Destreza Española, Spanish Fencing
Ref. DVD/DESTREZA1
Price Inc. Tax......20,00 EUR

Kino Mutai
Salvatore Oliva

DVD Filipino Kino Mutai PFS
Ref. DVD/SALVA4
Price Inc. Tax......20,00 EUR


Jorge Emilio Prina
La esgrima Criolla Argentina
Gaucho Fencing

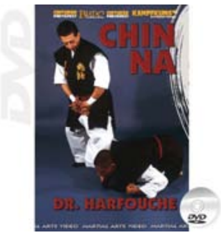
DVD Creole Fencing
Ref. DVD/ECRIOLLA1
Price Inc. Tax......20,00 EUR

Kaisendo
Self Defense
Soke Juan Díaz

DVD Kaisendo Self Defense
Ref. DVD/KAISEN5
Price Inc. Tax......20,00 EUR

TAI KARATE
DAVID GERMAN

DVD The Tai Karate Way
Ref. DVD/GERMAN1
Price Inc. Tax......20,00 EUR


CHIN NA
DR. HARFOUCHE

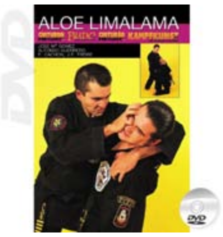
DVD Chin Na Catching & Locking
Ref. DVD/HARFOU2
Price Inc. Tax......20,00 EUR

Chokes & Strangulations
Dr. Christian Harfouche

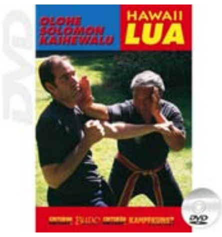
DVD Chokes & Strangulations Shorite Ryu Tai Jutsu
Ref. DVD/HARFOU3
Price Inc. Tax......20,00 EUR

DVD Kaisen Do
Ref. DVD/KAISEN1
Price Inc. Tax......20,00 EUR

DVD Psi Power for Martial Artists
Ref. DVD/LILLA
Price Inc. Tax......20,00 EUR


ALOE LIMALAMA

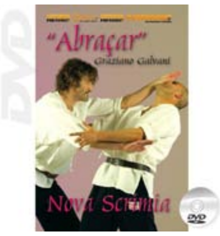
DVD Aloe Lima Lama Samoa
Ref. DVD/LIMA
Price Inc. Tax......20,00 EUR


OLOHE SOLOMON KAIHEWALU
HAWAII LUA

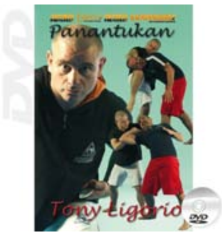
DVD Hawaian Lua
Ref. DVD/LUA1
Price Inc. Tax......20,00 EUR

# DVD Other Martial Styles

DVD Martial Arts Night Gala Italy 2005
Ref. DVD/MAN1
Price Inc. Tax......20,00 EUR

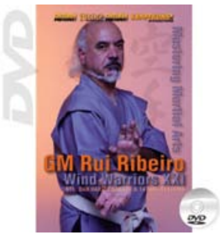


DVD Novascrimia Abraçar
Ref. DVD/NOVA5
Price Inc. Tax......20,00 EUR



DVD Filipino Panantukan
Ref. DVD/PANAN1
Price Inc. Tax......20,00 EUR

DVD Vital Points Atemi & Kuatsu
Ref. DVD/PV
Price Inc. Tax......20,00 EUR



DVD Wind Warriors XXI
Ref. DVD/RIBEIRO1
Price Inc. Tax......20,00 EUR

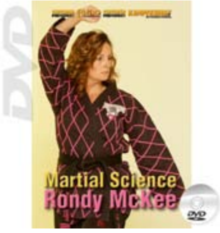
DVD Indonesian Sarong
Ref. DVD/SARONG
Price Inc. Tax......20,00 EUR

DVD How to Martials Arts Show
Ref. DVD/TEO1
Price Inc. Tax......20,00 EUR

DVD Martial Arts The Way of the Warrior Documentary
Ref. DVD/TV1
Price Inc. Tax......20,00 EUR

DVD Lan Do Chen Siue Pay Vol 1
Ref. DVD/VIL1
Price Inc. Tax......20,00 EUR

DVD Lan Do Chen Siue Pay Vol2
Ref. DVD/YANIS2
Price Inc. Tax......20,00 EUR



DVD Martial Science
Ref. DVD/RONDY1
Price Inc. Tax......20,00 EUR

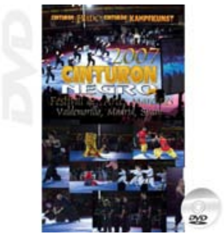
DVD Explosive Dumog Filipino Grappling
Ref. DVD/SALVA6
Price Inc. Tax......20,00 EUR

## DVD Other Martial Styles

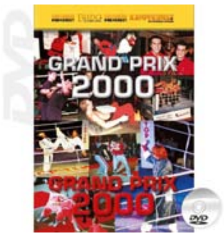
DVD JKD Knife Fighting Survival
Ref. DVD/SALVA2
Price Inc. Tax......20,00 EUR

DVD Budo Martial Arts International Festival 2002
Ref. DVD/FESTI1
Price Inc. Tax......20,00 EUR

DVD Budo Martial Arts International Festival 2003
Ref. DVD/FESTI2
Price Inc. Tax......20,00 EUR



DVD Budo Martial Arts International Festival 2007
Ref. DVD/FESTI3
Price Inc. Tax......20,00 EUR



DVD International Grand Prix 2000 Martial Arts Festival
Ref. DVD/GPX
Price Inc. Tax......20,00 EUR

DVD Hall Of Fame ISMA 2006
Ref. DVD/HALL1
Price Inc. Tax......20,00 EUR

DVD Martials Arts Night Gala Italy 2006
Ref. DVD/MAN2
Price Inc. Tax......20,00 EUR

# DVD Pencak Silat

# DVD Pencak Silat

2
Pukulan Pencak Silat Serak
Mama Guru Horacio Rodriguez

DVD Pukulan Pencak Silat Serak. Weapons
Ref. DVD/SERAK2
Price Inc. Tax......20,00 EUR

Kyusho & Pencak Silat
Gianluca Frisan & Denis Breceva

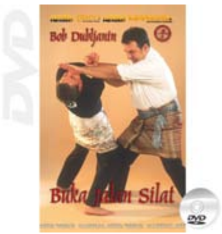
DVD Kyusho & Pencak Silat
Ref. DVD/KFRISAN3
Price Inc. Tax......20,00 EUR

Pukulan Pencak Silat Serak
Mama Guru Horacio Rodriguez

DVD Pukulan Pencak Silat Serak. Empty Hands
Ref. DVD/SERAK1
Price Inc. Tax......20,00 EUR

Warrior Silat
Pendekar Steven Benitez

DVD Warrior Silat
Ref. DVD/WSILAT
Price Inc. Tax......20,00 EUR


Bob Dubljanin
Buka Jalan Silat

DVD Buka Jalan Pencak Silat
Ref. DVD/SILAT3
Price Inc. Tax......20,00 EUR

PENTJAK SILAT
BOB DUBLJANIN

DVD Pencak Silat Java & Sumatra
Ref. DVD/SILAT
Price Inc. Tax......20,00 EUR

Pencak Silat
Maurizio Maltese

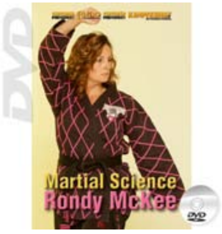
DVD Pencak Silat
Ref. DVD/MALTE3
Price Inc. Tax......20,00 EUR

# DVD Tae Kwon Do

## DVD Tae Kwon Do

Taekwondo Hyeong
Master Rudolf Winterstein

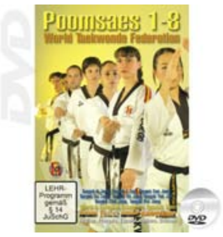
DVD Traditional Taekwondo Hyeong
Ref. DVD/TKDOWINT1
Price Inc. Tax......20,00 EUR


Martial Science
Rondy McKee

DVD Martial Science
Ref. DVD/RONDY1
Price Inc. Tax......20,00 EUR

Super Taekwondo
Taepong Team

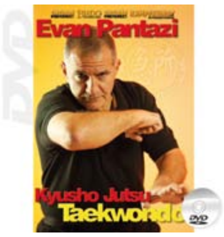
DVD Super Taekwondo
Ref. DVD/TEAM
Price Inc. Tax......20,00 EUR


Poomsaes 1-8
World Taekwondo Federation

DVD Taekwondo WTF Basic Poomsae
Ref. DVD/TKDE2
Price Inc. Tax......20,00 EUR

Poomsaes 9-17
World Taekwondo Federation

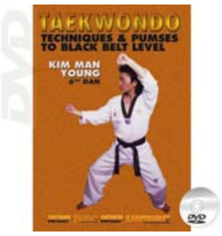
DVD Taekwondo WTF Superior Poomsae
Ref. DVD/TKDE1
Price Inc. Tax......20,00 EUR


Evan Pantazi
Kyusho Jutsu Taekwondo

DVD Kyusho in Taekwon Do
Ref. DVD/KYUSHO20
Price Inc. Tax......20,00 EUR

LEE YOUNG KI
WORLD TAEKWONDO FEDERATION

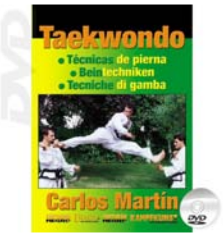
DVD Taekwondo Superior Poomsae & Applications
Ref. DVD/PUM2
Price Inc. Tax......20,00 EUR


TAEKWONDO
TECHNIQUES & PUMSES TO BLACK BELT LEVEL
KIM MAN YOUNG

DVD Taekwondo Basic Poomsae
Ref. DVD/PUM1
Price Inc. Tax......20,00 EUR

CARLOS MARTIN
TUL 1
INTERNATIONAL TAEKWON-DO FEDERATION

DVD Taekwondo ITF Tul Vol 1
Ref. DVD/TUL
Price Inc. Tax......20,00 EUR


Taekwondo
Técnicas de pierna
Beintechniken
Tecniche di gamba
Carlos Martin

DVD Taekwondo ITF Leg Techniques
Ref. DVD/TPT
Price Inc. Tax......20,00 EUR

The Power of Combat Taekwondo
Maurice Elmalem

DVD The Power of Combat Taekwondo
Ref. DVD/MAURI
Price Inc. Tax......20,00 EUR

Maurice Elmalem
Fighting Secrets

DVD Taekwondo Fighting Secrets
Ref. DVD/MAURI2
Price Inc. Tax......20,00 EUR

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# DVD Hapkido

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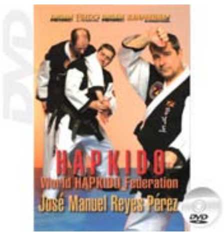
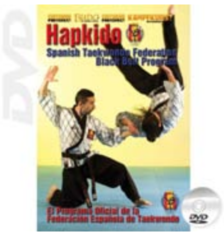
# DVD Hapkido

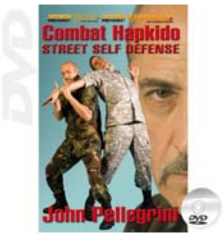
DVD Hapkido WHF
Ref. DVD/KWANG
Price Inc. Tax......20,00 EUR



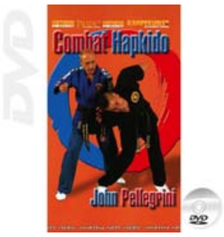
DVD Hapkido Technique WHF
Ref. DVD/FEH1
Price Inc. Tax......20,00 EUR



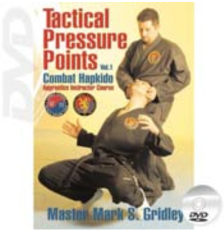
DVD Hapkido Official Program
Ref. DVD/HAPFET1
Price Inc. Tax......20,00 EUR



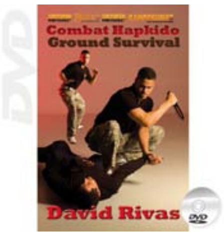
DVD Combat Hapkido Self Defense
Ref. DVD/COMH3
Price Inc. Tax......20,00 EUR



DVD Combat Hapkido
Ref. DVD/COMH2
Price Inc. Tax......20,00 EUR

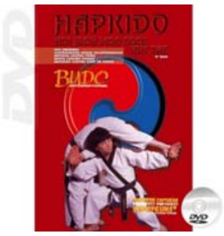


DVD Combat Hapkido Tactical Pressure Points Program Vol1
Ref. DVD/COMHTTP1
Price Inc. Tax......20,00 EUR



DVD Combat Hapkido Ground Survival
Ref. DVD/COMH4
Price Inc. Tax......20,00 EUR

DVD Hapkido Hoi Jeon Moo Sool Vol 1
Ref. DVD/KIM1
Price Inc. Tax......20,00 EUR

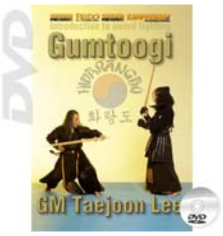


DVD Hapkido Hoi Jeon Moo Sool Vol 2
Ref. DVD/KIM2
Price Inc. Tax......20,00 EUR

DVD Sin Moo Hapkido
Ref. DVD/SMH
Price Inc. Tax......20,00 EUR

# DVD Other Styles Korea

# DVD Other Styles Korea

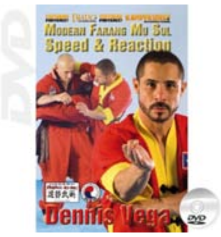


DVD Hwa Rang Do Gumtoogi Sword Fighting
Ref. DVD/HWA3
Price Inc. Tax......20,00 EUR

DVD Hwa Rang Do Hoshinsul Vol.1 Joint Manipulation
Ref. DVD/HWA4
Price Inc. Tax......20,00 EUR

DVD Hwa Rang Do Hoshinsul Vol.2 Joint Manipulation
Ref. DVD/HWA5
Price Inc. Tax......20,00 EUR

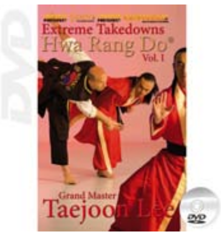
DVD Hwa Rang Do Hoshinsul Vol.3 Joint Manipulation
Ref. DVD/HWA6
Price Inc. Tax......20,00 EUR



DVD Modern Farang Mu Sul How to develop Speed and Reaction
Ref. DVD/FARANG1
Price Inc. Tax......20,00 EUR

DVD Haidong Gum Do
Ref. DVD/GUMDO
Price Inc. Tax......20,00 EUR

DVD Hwa Rang Do Knife Fighting
Ref. DVD/HWA1
Price Inc. Tax......20,00 EUR



DVD Hwa Rang Do Extreme Takedowns Vol1
Ref. DVD/HWA2
Price Inc. Tax......20,00 EUR

DVD Kuk Sool Won
Ref. DVD/KUK1
Price Inc. Tax......20,00 EUR

DVD Sib Pal Ki
Ref. DVD/PALKI
Price Inc. Tax......20,00 EUR

DVD Sun Mu Do
Ref. DVD/SUN1
Price Inc. Tax......20,00 EUR

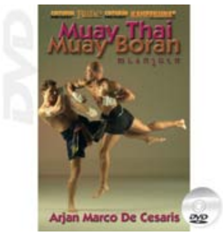
DVD Tang Su Do
Ref. DVD/TANGSU1
Price Inc. Tax......20,00 EUR

# DVD Muay Thai

# DVD Muay Thai

Marco de Cesaris
Kick Boxing & Muay Thai
DVD

DVD Muay Thai & Kick Boxing Punching Bag
Ref. DVD/CESAR8
Price Inc. Tax......20,00 EUR


Muay Thai
Muay Boran
Arjan Marco De Cesaris
DVD

DVD Muay Thai Boran Elbow Techniques
Ref. DVD/CESAR9
Price Inc. Tax......20,00 EUR

Muay Boran 2
"Mae Mai"
Arjarn Marco De Cesaris
DVD

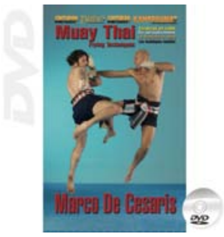
DVD Muay Boran Mae Mai Vol2
Ref. DVD/CESAR12
Price Inc. Tax......20,00 EUR

Muay Boran "Mae Mai"
Ajarn Marco De Cesaris
DVD

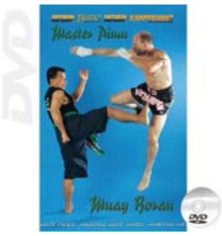
DVD Muay Thai Boran Mae Mai Vol 1
Ref. DVD/CESAR11
Price Inc. Tax......20,00 EUR

PHASOM MUAY THAI
MARCO DE CESARIS
DVD

DVD Phasom Muay Thai
Ref. DVD/CESAR1
Price Inc. Tax......20,00 EUR


Muay Thai
Marco De Cesaris
DVD

DVD Muay Thai Boran Flying Techniques
Ref. DVD/CESAR10
Price Inc. Tax......20,00 EUR


Master Pimu
Muay Boran
DVD

DVD Muay Thai Boran Master Pimu
Ref. DVD/BORAN
Price Inc. Tax......20,00 EUR

CHAP KO MUAY THAI
MARCO DE CESARIS
DVD

DVD Muay Thai Boran Chap Ko
Ref. DVD/CESAR2
Price Inc. Tax......20,00 EUR

"KON MUAY KEE"
ARJAN MARCO DE CESARIS
"MUAY BORAN"
DVD

DVD Muay Thai Boran Kon Muay Kee
Ref. DVD/CESAR3
Price Inc. Tax......20,00 EUR

Cross Fighting
Marco de Cesaris & Marco Brat
DVD

DVD Cross Fighting Muay Thai & Brazilian Jiu Jitsu
Ref. DVD/CESAR4
Price Inc. Tax......20,00 EUR

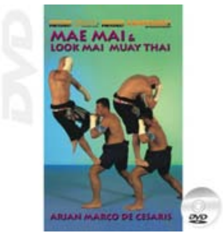
Muay Thai Kick Boxing
Sparring & Equipment Training
Marco de Cesaris
DVD

DVD Muay Thai Kick Boxing Sparring
Ref. DVD/CESAR5
Price Inc. Tax......20,00 EUR

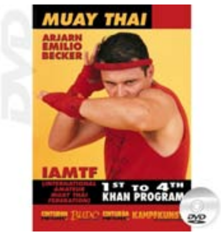
Muay Thai
Muay Kaard Chiek
Arjan Marco De Cesaris
DVD

DVD Muay Thai Boran Muay Kaard Chiek
Ref. DVD/CESAR6
Price Inc. Tax......20,00 EUR

# DVD Muay Thai

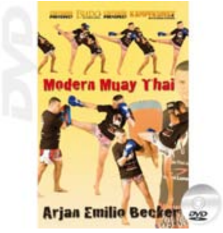


DVD Mae Mai & Look Mai Muay Thai
Ref. DVD/CESAR7
Price Inc. Tax......20,00 EUR

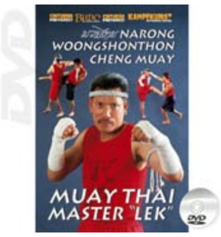


DVD Muay Thai Program 1st to 4th Khan
Ref. DVD/EC1
Price Inc. Tax......20,00 EUR

DVD Muay Thai Competition Training
Ref. DVD/EC2
Price Inc. Tax......20,00 EUR

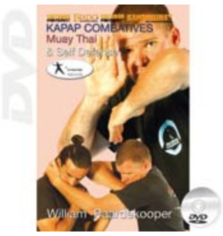


DVD Modern Muay Thai
Ref. DVD/EC3
Price Inc. Tax......20,00 EUR



DVD Muay Thai Cheng Muay
Ref. DVD/LEK1
Price Inc. Tax......20,00 EUR

DVD Sillapa Muay Thai
Ref. DVD/LEK2
Price Inc. Tax......20,00 EUR



DVD Kapap Combatives Muay Thai Self Defense
Ref. DVD/MUAYKAP
Price Inc. Tax......20,00 EUR

DVD Kung Fu & Muay Thai Dragon & Tiger
Ref. DVD/MUAYKUN1
Price Inc. Tax......20,00 EUR

DVD Muay Thai Master Woody
Ref. DVD/WOODY
Price Inc. Tax......20,00 EUR

# DVD Kick Boxing

# DVD Kick Boxing

DVD
EGUZKIZA
KICK BOXING
DEFENSE & COUNTER

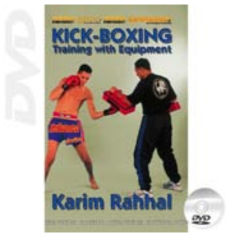
DVD Kick Boxing Defense & Counter
Ref. DVD/EGUZ
Price Inc. Tax......20,00 EUR

WKA-KICKBOXING
KLAUS NONNEMACHER

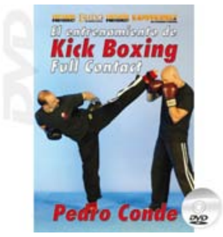
DVD WKA Kick Boxing
Ref. DVD/WKA1
Price Inc. Tax......20,00 EUR

DON WILSON
"THE DRAGON"
FULL CONTACT
KICK BOXING

DVD Full Contact & Kick Boxing
Ref. DVD/DON2
Price Inc. Tax......20,00 EUR


KICK-BOXING
Training with Equipment
Karim Rahhal

DVD Kick Boxing Training with Equipment
Ref. DVD/KARIM2
Price Inc. Tax......20,00 EUR


El entrenamiento de
Kick Boxing
Full Contact
Pedro Conde

DVD The training of Kick boxing and Full Contact
Ref. DVD/CONDE1
Price Inc. Tax......20,00 EUR

Sport Karate - Full - Kick Boxing
Mike Anderson

DVD Sport Karate, Full & Kick-Boxing
Ref. DVD/MIKE1
Price Inc. Tax......20,00 EUR

EXPLOSIVE LOW KICKS!
Karim Rahal El Hassan

DVD Kick Boxing Explosive Low Kicks
Ref. DVD/KARIM1
Price Inc. Tax......20,00 EUR

FULL CONTACT & KICK BOXING
ON THE RING!!!
MARIANO ANTON

DVD Full Contact & Kick Boxing On the Ring
Ref. DVD/FULL3
Price Inc. Tax......20,00 EUR

KICKBOXING
JOE LEWIS

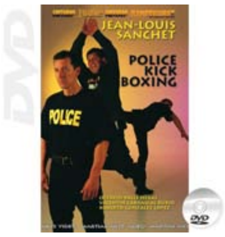
DVD Kick Boxing Joe Lewis Seminar Germany
Ref. DVD/LEWS
Price Inc. Tax......20,00 EUR

DAVIDE MORINI
SEMICONTACT

DVD Semi Contact
Ref. DVD/SEMI
Price Inc. Tax......20,00 EUR

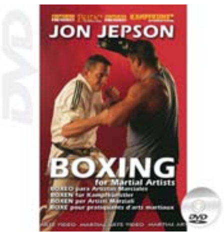
SUPER SPARRING
TOMAZ BARADA
FULL-CONTACT & TAEKWONDO

DVD Super Sparring! Full Contact & Taekwondo
Ref. DVD/BARADA1
Price Inc. Tax......20,00 EUR


JEAN-LOUIS SANCHEZ
POLICE KICK BOXING
POLICE

DVD Police Defense Kick Boxing
Ref. DVD/KIKPOL
Price Inc. Tax......20,00 EUR

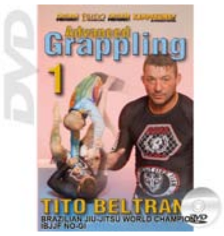
## DVD Kick Boxing



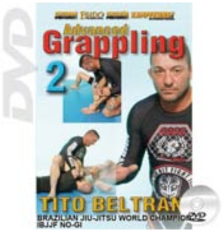
DVD Boxing for Martial Artists
Ref. DVD/JEPSON1
Price Inc. Tax......20,00 EUR

# DVD Grappling Wrestling

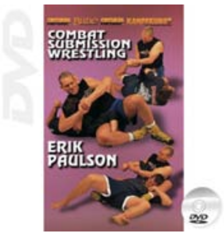
# DVD Grappling Wrestling


Advanced Grappling 1
TITO BELTRAN

DVD Advanced Grappling Vol.1
Ref. DVD/TBELTRAN-1
Price Inc. Tax......20,00 EUR


Advanced Grappling 2
TITO BELTRAN

DVD Advanced Grappling Vol.2
Ref. DVD/TBELTRAN-2
Price Inc. Tax......20,00 EUR


COMBAT SUBMISSION WRESTLING
ERIK PAULSON

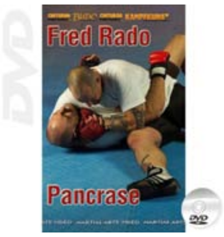
DVD Combat Submission Wrestling Vol 1
Ref. DVD/ERIC1
Price Inc. Tax......20,00 EUR

ERIK PAULSON
COMBAT SUBMISSION WRESTLING

DVD Combat Submission Wrestling Vol 2
Ref. DVD/ERIC2
Price Inc. Tax......20,00 EUR

OLYMPIC WRESTLING
Mehmed Kodakov "METO"

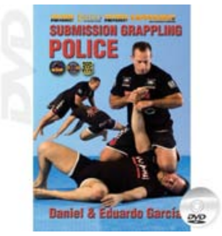
DVD Olympic Wrestling
Ref. DVD/LUCHA1
Price Inc. Tax......20,00 EUR


Fred Rado
Pancrase

DVD Pancrase
Ref. DVD/PANCRA
Price Inc. Tax......20,00 EUR

LUTA LIVRE
Brazilian Grappling
Alexandre Pequeno

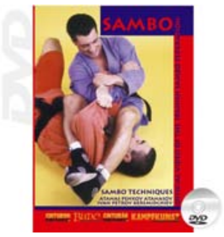
DVD MMA Brazilian Grappling
Ref. DVD/ALEXP
Price Inc. Tax......20,00 EUR


SUBMISSION GRAPPLING
POLICE
Daniel & Eduardo Garcia

DVD Police Grappling
Ref. DVD/PGRAP1
Price Inc. Tax......20,00 EUR

"GRAPPOL"
Daniel & Eduardo Garcia

DVD Police Grappling Techniques
Ref. DVD/PGRAP2
Price Inc. Tax......20,00 EUR


SAMBO
SAMBO TECHNIQUES

DVD Sambo Techniques
Ref. DVD/SAMB1
Price Inc. Tax......20,00 EUR

# DVD MMA - Vale Tudo

# DVD MMA - Vale Tudo

LUTA LIVRE
Brazilian Grappling
Alexandre Pequeno

DVD MMA Brazilian Grappling
Ref. DVD/ALEXP
Price Inc. Tax......20,00 EUR

MMA
Evilazio Feitoza
Brazilian Thai Boxing

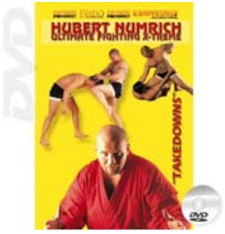
DVD Brazilian Thai Boxing
Ref. DVD/FEITO1
Price Inc. Tax......20,00 EUR

HUBERT NUMRICH
ULTIMATE FIGHTING X-TREME
GROUND FIGHTING

DVD Ultimate Fighting X-Treme3 Ground fighting
Ref. DVD/HUB3
Price Inc. Tax......20,00 EUR

HUBERT NUMRICH
ULTIMATE FIGHTING X-TREME
"UPRIGHT FIGHT"

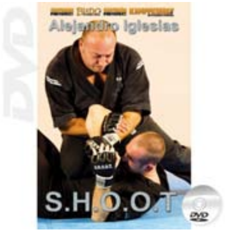
DVD Ultimate Fighting X-Treme2 Upright fight
Ref. DVD/HUB2
Price Inc. Tax......20,00 EUR


HUBERT NUMRICH
ULTIMATE FIGHTING X-TREME
"TAKEDOWNS"

DVD Ultimate Fighting X-Treme1 Takedowns
Ref. DVD/HUB1
Price Inc. Tax......20,00 EUR

S.H.O.O.T
ALEJANDRO IGLESIAS

DVD Shoot Vol3 Fighting Techniques
Ref. DVD/SHOOT3
Price Inc. Tax......20,00 EUR


Alejandro Iglesias
S.H.O.O.T

DVD Shoot System
Ref. DVD/SHOOT1
Price Inc. Tax......20,00 EUR

S.H.O.O.T.
Mix Fight

DVD Shoot Mix Fight
Ref. DVD/SHOOT
Price Inc. Tax......20,00 EUR

MANU
TOTAL GRAPPLING & VALE TUDO

DVD Total Grappling & Vale Tudo Escapes & Submissions
Ref. DVD/TG4
Price Inc. Tax......20,00 EUR

MANU
PROFESSIONAL VALE TUDO
VERY ADVANCED TECHNIQUES

DVD Professional Vale Tudo
Ref. DVD/TG3
Price Inc. Tax......20,00 EUR

MANU
TOTAL GRAPPLING & VALE TUDO
EVOLUTION

DVD Total Grappling & Vale Tudo Vol 2 Evolution
Ref. DVD/TG2
Price Inc. Tax......20,00 EUR

TOTAL GRAPPLING & VALE TUDO
MANU

DVD Total Grappling & Vale Tudo Vol 1
Ref. DVD/TG1
Price Inc. Tax......20,00 EUR

# DVD MMA - Vale Tudo

KAPAP & MMA
David Arama
Maor Bashan

DVD Kapap MMA
Ref. DVD/KAPAP6
Price Inc. Tax......20,00 EUR

MATHIEU NICOURT
FREE FIGHT STRATEGIES

DVD MMA Free Fight Strategies
Ref. DVD/NICO
Price Inc. Tax......20,00 EUR

DAVIDE FERRETTI
MARCO RUAS VALE TUDO

DVD Ruas Vale-Tudo
Ref. DVD/FERRE2
Price Inc. Tax......20,00 EUR

Bugei. TOTAL COMBAT
Gaël Coadic
Florentin Amorim

DVD Bugei Total Combat
Ref. DVD/BTC1
Price Inc. Tax......20,00 EUR

KNOCK OUT CUP

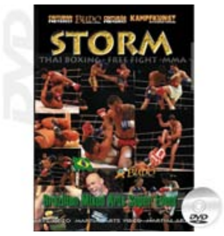
DVD Knock-Out Cup MMA
Ref. DVD/BRA3
Price Inc. Tax......20,00 EUR

Best Vale Tudo Fights ever

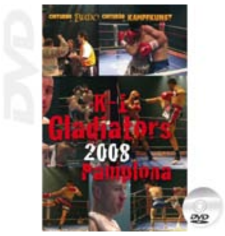
DVD Vale Tudo The Very Best of IVC 6 & 9
Ref. DVD/BRA2
Price Inc. Tax......20,00 EUR

MECA WORLD VALE TUDO
The very best of

DVD Meca World Vale Tudo The Very Best
Ref. DVD/MECA1
Price Inc. Tax......20,00 EUR


STORM
THAI BOXING · FREE FIGHT · MMA

DVD Storm Samurai Brazil MMA & Muay Thai
Ref. DVD/BRA4
Price Inc. Tax......20,00 EUR


K-1 Gladiators 2008 Pamplona

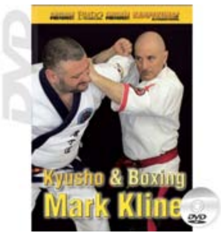
K-1 Gladiators Tournament 2008 Spain
Ref. DVD/GLA2
Price Inc. Tax......20,00 EUR

Kick Boxing Gladiators 2007

DVD K-1 Gladiators Tournament 2007 Spain
Ref. DVD/GLA1
Price Inc. Tax......20,00 EUR

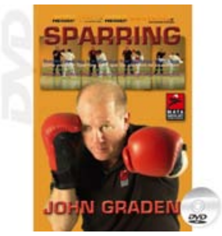
# DVD Other Contact Sports

## DVD Other Contact Sports

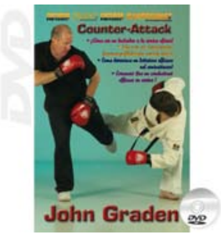


DVD Kyusho and Boxing Connection
Ref. DVD/KLINE3
Price Inc. Tax......20,00 EUR

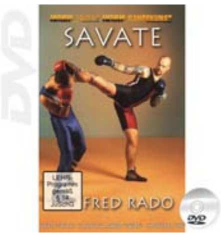
DVD Olympic Wrestling
Ref. DVD/LUCHA1
Price Inc. Tax......20,00 EUR



DVD Sparring!
Ref. DVD/GRAD1
Price Inc. Tax......20,00 EUR



DVD Kick Boxing How to be an efficient counter fighter
Ref. DVD/GRAD2
Price Inc. Tax......20,00 EUR



DVD Savate French Boxing
Ref. DVD/SAVAT
Price Inc. Tax......20,00 EUR

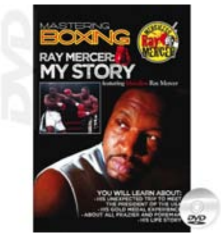
DVD Total sparring Semi, light & Full Contact
Ref. DVD/MUGEN1
Price Inc. Tax......20,00 EUR

DVD Mastering Boxing Basics
Ref. DVD/MERCER2
Price Inc. Tax......20,00 EUR

DVD Mastering Boxing Combinations
Ref. DVD/MERCER3
Price Inc. Tax......20,00 EUR

DVD Mastering Boxing Bag Work & Footwork
Ref. DVD/MERCER4
Price Inc. Tax......20,00 EUR

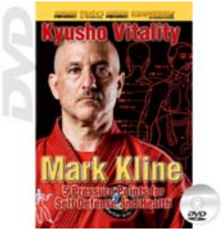
DVD Mastering Boxing Ring Smarts
Ref. DVD/MERCER5
Price Inc. Tax......20,00 EUR



DVD Mastering Boxing My Story
Ref. DVD/MERCER6
Price Inc. Tax......20,00 EUR

DVD Mastering Boxing MMA & Boxing Fit
Ref. DVD/MERCER1
Price Inc. Tax......20,00 EUR

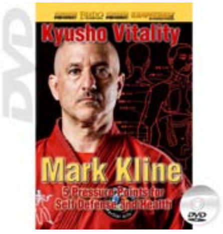
## DVD Other Contact Sports


Kyusho Vitality
Mark Kline
5 Pressure Points for Self Defense and Health
DVD

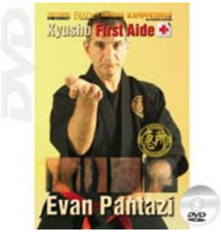
DVD Kyusho Vitality. 5 Pressure Points for Self Defense and He...
Ref. DVD/KLINE4
Price Inc. Tax......20,00 EUR

# DVD Health - Wellness

# DVD Health - Wellness


Kyusho Vitality
Mark Kline
5 Pressure Points for Self Defense and Health
DVD

DVD Kyusho Vitality. 5 Pressure Points for Self Defense and He...
Ref. DVD/KLINE4
Price Inc. Tax......20,00 EUR


Kyusho First Aide
Evan Pantazi
DVD

DVD Kyusho First Aide
Ref. DVD/KYUSHO19
Price Inc. Tax......20,00 EUR

Martial Arts
Extreme Stretching
Cynthia Rothrock
DVD

DVD Martial Arts Extreme Stretching
Ref. DVD/CYNTHI
Price Inc. Tax......20,00 EUR

Tai Chi Qigong
Sifu Vincent Lyn
DVD

DVD Tai-Chi and Qi-Gong Forms
Ref. DVD/LYN7
Price Inc. Tax......20,00 EUR

BRAZILIAN JIU JITSU
CONDITIONING
DVD

DVD Brazilian Jiu Jitsu Conditioning
Ref. DVD/VACIR3
Price Inc. Tax......20,00 EUR

Kyusho Sex Points
for sex enhancement
Evan Pantazi
DVD

DVD Kyusho Jitsu Points for Sex Enhancement
Ref. DVD/KYUSHO10
Price Inc. Tax......20,00 EUR

Silvio Simac
DVD

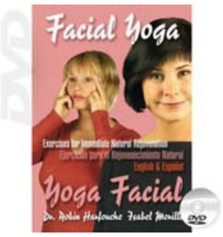
DVD Weights Training for Martial Arts
Ref. DVD/SIMAC1
Price Inc. Tax......20,00 EUR

Marcelo Rosa Machado
Sport-Psy
DVD

DVD Sport-Psy for competition
Ref. DVD/MARCE
Price Inc. Tax......20,00 EUR

PSI-POWER
DVD

DVD Psi Power for Martial Artists
Ref. DVD/LILLA
Price Inc. Tax......20,00 EUR


Facial Yoga
Yoga Facial
DVD

DVD Facial Yoga Natural rejuvenation exercises
Ref. DVD/FY1
Price Inc. Tax......20,00 EUR

TRUST
Kids defense
Andreas Schuster
DVD

DVD Kids Self Defense: Dealing with strangers
Ref. DVD/TRUST1
Price Inc. Tax......20,00 EUR

Tai Chi for Seniors
José L. Paniagua
DVD

DVD Tai Chi Chuan for Seniors
Ref. DVD/TAI4
Price Inc. Tax......20,00 EUR

# DVD Health - Wellness

Tai Chi Chen
Chong Sheng Yu

DVD Tai Chi Chen Style
Ref. DVD/YU
Price Inc. Tax......20,00 EUR

Tai Chi
Fu Shen Yuan
Yang Style

DVD Tai Chi Yang Style Vol 1
Ref. DVD/FUSE
Price Inc. Tax......20,00 EUR

MASTERING
BOXING
MMA &
BOXING FIT

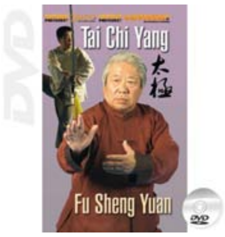
DVD Mastering Boxing MMA & Boxing Fit
Ref. DVD/MERCER1
Price Inc. Tax......20,00 EUR

Tai Chi Chuan
Yang style

DVD Tai Chi Yang Style Kung Chia Form & Applications
Ref. DVD/TCC
Price Inc. Tax......20,00 EUR

Fu Shen Yuan
Tai Chi
Yang Style

DVD Tai Chi Yang Style Vol 2
Ref. DVD/FUSE2
Price Inc. Tax......20,00 EUR


Tai Chi Yang
Fu Sheng Yuan

DVD Tai Chi Yang Style Vol 3
Ref. DVD/FUSE3
Price Inc. Tax......20,00 EUR

Tai Chi
Ignacio Cáliz

DVD Tai Chi Yang Style & Chi Kung Vol 2
Ref. DVD/TAI2
Price Inc. Tax......20,00 EUR

Ignacio Cáliz
Tai Chi Che

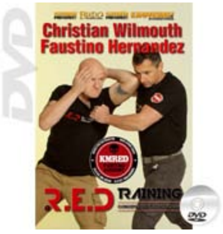
DVD Tai Chi Che Sword
Ref. DVD/TAI3
Price Inc. Tax......20,00 EUR

Ignacio Cáliz
Tai Chi-Chi Kung
LEZIONE DELLA SCUOLA YANG

DVD Tai Chi Yang Style & Chi Kung Vol 1
Ref. DVD/TAI1
Price Inc. Tax......20,00 EUR

# NEW DVDs!

## NEW DVDs!


Christian Wilmouth
Faustino Hernandez
R.E.D Training

DVD KMRED VOL.4. R.E.D. Training
Ref. DVD/KMRED4
Price Inc. Tax......20,00 EUR

PAUL VUNAK
ENIGMA II
VOL.1

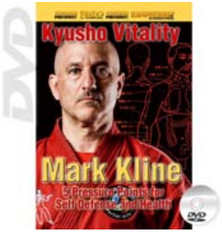
DVD Enigma 2 Vol.1 Paul Vunak Contemporary JKD
Ref. DVD/VUNAK7
Price Inc. Tax......20,00 EUR

Master Ado Dulas

DVD DSDWS Dulas Self Defense Whistle Stick
Ref. DVD/DULAS1
Price Inc. Tax......20,00 EUR

2
Israeli Jiu Jitsu
Avi Nardia

DVD Kapap Israeli Jiu Jitsu Vol.2
Ref. DVD/KAPAP10
Price Inc. Tax......20,00 EUR


Kyusho Vitality
Mark Kline
5 Pressure Points for Self Defense and Health

DVD Kyusho Vitality. 5 Pressure Points for Self Defense and He...
Ref. DVD/KLINE4
Price Inc. Tax......20,00 EUR

Shidoshi Jordan Augusto
捕り手
Ju Jutsu - Torite

DVD Ju-Jutsu Torite
Ref. DVD/JTORITE
Price Inc. Tax......20,00 EUR

Shaolin's Secret techniques
Shaolin Jin Gang Ba Shi
Shifu Bruno Tombolato

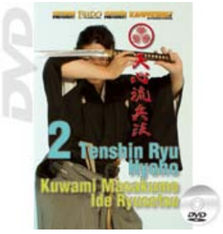
DVD Shaolin Secret Techniques Jin Gang Ba Shi
Ref. DVD/TOMBOLATO2
Price Inc. Tax......20,00 EUR

Kyusho &
Pencak Silat
Gianluca Frisan
& Denis Breceva

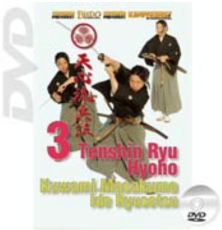
DVD Kyusho & Pencak Silat
Ref. DVD/KFRISAN3
Price Inc. Tax......20,00 EUR

1
Tenshin Ryu Hyoho
Kuwami Masakuma
Ide Ryusetsu

DVD Tenshin-Ryu Hyoho Vol.1
Ref. DVD/TENSHIN1
Price Inc. Tax......20,00 EUR


2
Tenshin Ryu Hyoho
Kuwami Masakuma
Ide Ryusetsu

DVD Tenshin-Ryu Hyoho Vol.2
Ref. DVD/TENSHIN2
Price Inc. Tax......20,00 EUR

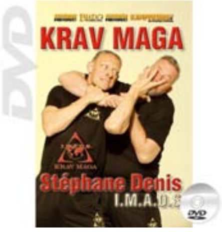

3
Tenshin Ryu Hyoho
Kuwami Masakuma
Ide Ryusetsu

DVD Tenshin-Ryu Hyoho Vol.3
Ref. DVD/TENSHIN3
Price Inc. Tax......20,00 EUR

Latosa Eskrima
GM Rene LATOSA
Hand Sticks

DVD Latosa Escrima Hand Sticks
Ref. DVD/LAT4
Price Inc. Tax......20,00 EUR

NEW DVDs!



DVD Krav Maga I.M.A.D.S.
Ref. DVD/KDENIS1
Price Inc. Tax......20,00 EUR

DVD Wing Chun International WCI
Ref. DVD/Cameron1
Price Inc. Tax......20,00 EUR

DVD Jeet Kune Do Self Defense
Ref. DVD/DELJKD2
Price Inc. Tax......20,00 EUR

DVD Gracie Jiu Jitsu Fundamentals
Ref. DVD/VACIR6
Price Inc. Tax......20,00 EUR

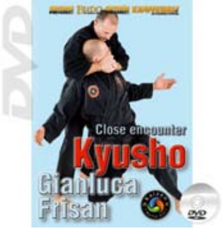
DVD Jukoshin Ryu Jiu Jitsu
Ref. DVD/EDSAN1
Price Inc. Tax......20,00 EUR

DVD SOG Real Close Combat Vol-7
Ref. DVD/SOG7
Price Inc. Tax......20,00 EUR

DVD Kyusho & Tegumi in Wing Chun Siu Nim Tao
Ref. DVD/KYUSHO28
Price Inc. Tax......20,00 EUR

DVD Keysi Risk Situations Fighting Technique
Ref. DVD/KEYSI2
Price Inc. Tax......20,00 EUR

DVD Hwa Rang Do Hoshinsul Vol.3 Joint Manipulation
Ref. DVD/HWA6
Price Inc. Tax......20,00 EUR

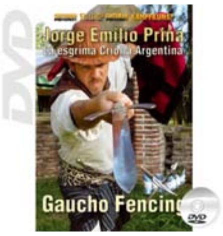


DVD Kyusho 2, Close Encounter
Ref. DVD/KFRISAN2
Price Inc. Tax......20,00 EUR

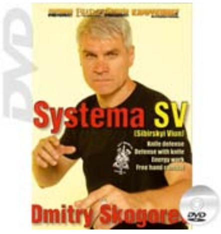
DVD Verdadera Destreza Española, Spanish Fencing
Ref. DVD/DESTREZA1
Price Inc. Tax......20,00 EUR

DVD Tong Long Pai. Southern Praying Mantis
Ref. DVD/SAPIR1
Price Inc. Tax......20,00 EUR

# NEW DVDs!


Jorge Emilio Prina
Gaucho Fencing

DVD Creole Fencing
Ref. DVD/ECRIOLLA1
Price Inc. Tax......20,00 EUR


Systema SV
Dmitry Skogorev

DVD RMA Systema SV Empty Hands & Knife
Ref. DVD/SKOGOREV-11
Price Inc. Tax......20,00 EUR

Tai Chi Qigong
Sifu Vincent Lyn

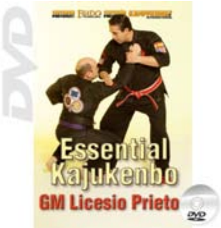
DVD Tai-Chi and Qi-Gong Forms
Ref. DVD/LYN7
Price Inc. Tax......20,00 EUR

Gham Long Pai Kung Fu
Sijou Van Der Spek
Kung Fu & Self defense

DVD Gham Long Pai Kung Fu
Ref. DVD/VDSPEK1
Price Inc. Tax......20,00 EUR

Shaolin Kung Fu Essential
Shifu Bruno Tombolato

DVD Shaolin Kung Fu Essential
Ref. DVD/TOMBOLATO1
Price Inc. Tax......20,00 EUR


Essential Kajukenbo
GM Licesio Prieto

DVD Kajukenbo Essential
Ref. DVD/LPRIETO1
Price Inc. Tax......20,00 EUR

2
Pukulan Pencak Silat Serak
Horacio Rodriguez

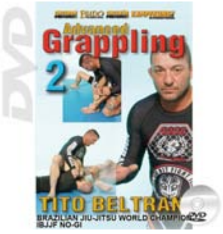
DVD Pukulan Pencak Silat Serak. Weapons
Ref. DVD/SERAK2
Price Inc. Tax......20,00 EUR

KENPO
GM. Larry Tatum
My favorite techniques

DVD Kenpo, My Favorite Techniques
Ref. DVD/LARRY4
Price Inc. Tax......20,00 EUR

Best of Commando Krav Maga
Moni Aizik

DVD Best of Commando Krav Maga
Ref. DVD/AIZIK5
Price Inc. Tax......20,00 EUR


Advanced Grappling 2
TITO BELTRAN

DVD Advanced Grappling Vol.2
Ref. DVD/TBELTRAN-2
Price Inc. Tax......20,00 EUR

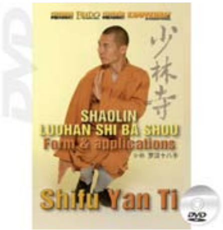
Kali Ilustrisimo
Laban Laro Drills
Guro Dino Flores

DVD Kali Ilustrisimo Laban Laro Drills
Ref. DVD/FLORES3
Price Inc. Tax......20,00 EUR

Russian martial Art
Systema
Andreas Weitzel

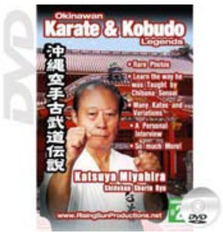
DVD Systema, Fighting Basics
Ref. DVD/SYSWEITZEL1
Price Inc. Tax......20,00 EUR

## NEW DVDs!



DVD Shaolin Luohan Shi Ba Shou Form Taolu
Ref. DVD/YANTI1
Price Inc. Tax......20,00 EUR

DVD Meitoku Yagi Meibukan Goju Ryu. Okinawa Karate Kobudo Vol.1
Ref. DVD/RS607
Price Inc. Tax......0,00 EUR

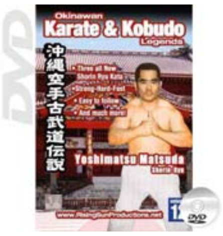


DVD Katsuya Miyahira Shidokan Shorin Ryu. Okinawa Karate Kobud...
Ref. DVD/RS608
Price Inc. Tax......0,00 EUR

DVD Shuguro Nakazato Shorin Kan Shorin Ryu. Okinawa Karate Kob...
Ref. DVD/RS609
Price Inc. Tax......0,00 EUR

DVD Eiichi Miyazato Jundokan Goju Ryu. Okinawa Karate Kobudo V...
Ref. DVD/RS610
Price Inc. Tax......0,00 EUR

DVD Kanei Uechi Uechi Ryu. Okinawa Karate Kobudo Vol.7
Ref. DVD/RS613
Price Inc. Tax......0,00 EUR



DVD Yoshimatsu Matsuda Shorin Ryu. Okinawa Karate Kobudo Vol.12
Ref. DVD/RS618
Price Inc. Tax......0,00 EUR

DVD Masaji Taira Bunkai Master. Okinawa Karate Kobudo Vol.16
Ref. DVD/RS622
Price Inc. Tax......0,00 EUR

DVD Hojo Undo Supplementary Training. Okinawa Karate Kobudo Vo...
Ref. DVD/RS625
Price Inc. Tax......0,00 EUR

DVD Yoshitsune Senega Uechi Ryu. Okinawa Karate Kobudo Vol.20
Ref. DVD/RS626
Price Inc. Tax......0,00 EUR

DVD Jundokan Old School 1984. Okinawa Karate Kobudo Vol.22
Ref. DVD/RS628
Price Inc. Tax......0,00 EUR